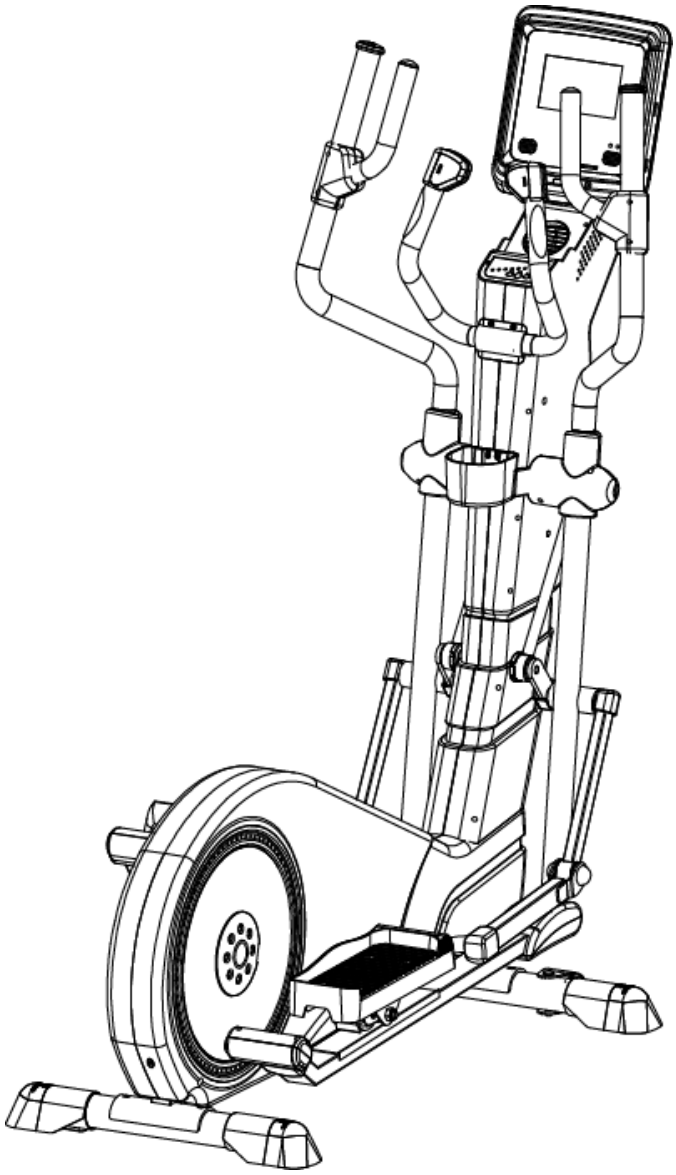
USER'S MANUAL

SMOOTH CE-5.5 ELLIPTICAL

SMOOTH FITNESS



USER WEIGHT LIMITATION: **325lbs (136kgs).**

SERIAL NUMBER (found on frame):

Ver. 20121016

PREASSEMBLY

For future service or related questions:

Please staple your receipt and/or write in the name and phone number of the retail store where you purchased your Smooth Fitness.

Name: _____ Phone Number: _____ Receipt: _____

Open the boxes:

You are now ready to open the boxes of your new equipment. Make sure to inventory all of the parts that are included in the boxes. Check the Parts List for a full count of the number of parts included for this product to be assembled properly. If you are missing any parts or have any assembly questions call your local dealer or contact us directly at 888-800-1167.

Gather your tools:

Before starting the assembly of your unit, make sure that you have gathered all the necessary tools you may require to assemble the unit properly. Having all of the necessary equipment at hand will save time and make the assembly quick and hassle-free.

Clear your work area:

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

Invite a friend:

Some of the assembly steps may require heavy lifting. It is recommended that you obtain the assistance of another person when assembling this product.

User Weight Limitation:

Please note that there is a weight limitation for this product. If you weigh more than 325lbs. it is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here. This product is not intended to support users whose weight exceeds this limit.

POWER REQUIREMENTS

Power Requirements:

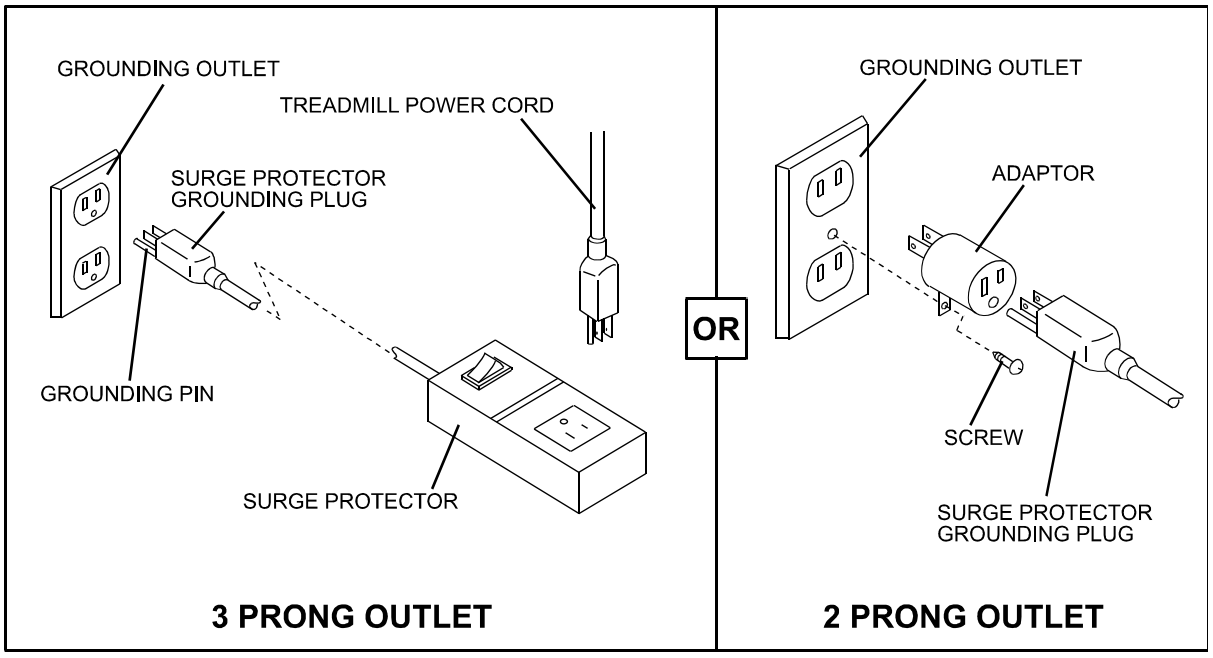
IMPROPER CONNECTION OF THE EQUIPMENT GROUNDING CONNECTOR CAN RESULT IN THE RISK OF AN ELECTRIC SHOCK. CHECK WITH A QUALIFIED ELECTRICIAN OR SERVICE MAN IF YOU ARE IN DOUBT AS TO WHETHER THE PRODUCT IS PROPERLY GROUNDED. DO NOT MODIFY THE PLUG PROVIDED WITH THE PRODUCT, IF IT WILL NOT FIT THE OUTLET; HAVE A PROPER OUTLET INSTALLED BY A QUALIFIED ELECTRICIAN.

This Elliptical can be seriously damaged by sudden voltage changes in your home's electrical power. Voltage spikes, surges and noise interference can result from weather conditions or from other appliances being turned on or off. To reduce the possibility of Elliptical damage, always use a surge protector (not included) with your Elliptical.

Surge protectors can be purchased at most hardware stores. The manufacturer recommends a single outlet surge protector with a UL 1449 rating as a Transient Voltage Surge Suppressor (TVSS) with a UL suppressed voltage rating of 400V or less and an electrical rating 120VAC, 15 amps.

This Elliptical must be grounded to reduce the risk of electrical shock. Grounding provides a path of least resistance for electric current, should the Elliptical malfunction. This Elliptical is equipped with an electrical cord that has an equipment-grounding conductor and a grounding plug. Always plug the power cord into a surge protector, and plug the surge protector into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in the drawing below.
GFCI outlets and GFCI / AFCI Circuit Breakers are NOT recommended for use on this product. GFCI outlets and GFCI / AFCI Circuit Breakers may cause this equipment to function improperly.



POWER REQUIREMENTS

Alimentation :

UN MAUVAIS BRANCHEMENT DU CONNECTEUR DE MISE À LA TERRE DE L'ÉQUIPEMENT POURRAIT PROVOQUER UN CHOC ÉLECTRIQUE. EN CAS DE DOUTE, CONSULTER UN ÉLECTRICIEN OU UN RÉPARATEUR QUALIFIÉ POUR SAVOIR SI LE PRODUIT EST CORRECTEMENT MIS À LA TERRE. NE PAS MODIFIER LA FICHE FOURNIE AVEC LE PRODUIT. SI ELLE N'ENTRE PAS DANS LA PRISE, FAIRE INSTALLER UNE PRISE APPROPRIÉE PAR UN ÉLECTRICIEN PROFESSIONNEL.

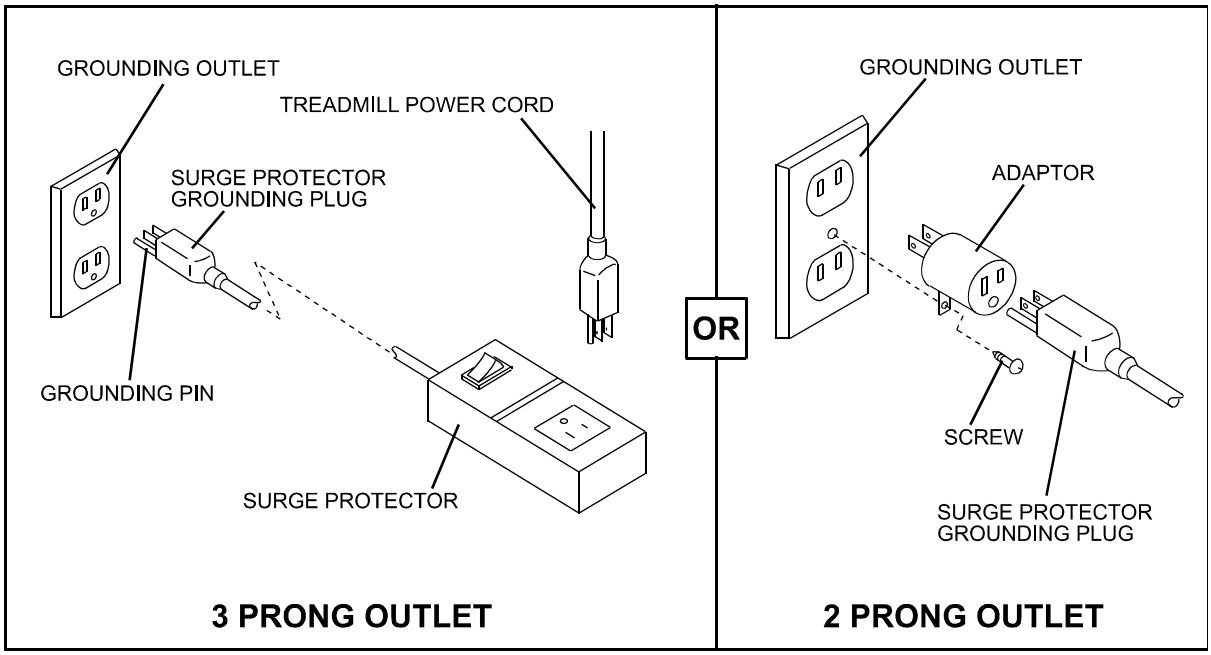
Ce elliptique pourrait être gravement endommagé en cas de changement soudain de tension dans votre alimentation électrique. Les conditions météorologiques ou la mise sous tension ou hors tension d'autres appareils électriques peuvent provoquer des pointes de tension, des surtensions ou un brouillage. Pour réduire la possibilité que le tapis soit endommagé, toujours utiliser un limiteur de surtension (non inclus) avec votre elliptique.

Il est possible d'acheter des limiteurs de surtension dans la plupart des quincailleries. Le fabricant recommande un limiteur de surtension UL 1449 à prise unique comme suppresseur de tension transitoire (TVSS) ayant un taux de suppression de tension de 400 V ou moins et une tension électrique de 110 V C.A., 15 A.

Cet exerciseur elliptique doit être mis à la terre pour réduire le risque de choc électrique. La mise à la terre fournit un chemin de moindre résistance pour le courant électrique en cas de dysfonctionnement de l'elliptique. Cet exerciseur elliptique peut être équipé d'un cordon électrique avec un conducteur de terre et une fiche de terre à la terre. Toujours brancher le cordon d'alimentation dans un suppresseur de surtension et branchez le suppresseur de surtension dans une prise appropriée qui est correctement installée et mise à la terre conformément à tous les codes et règlements locaux.

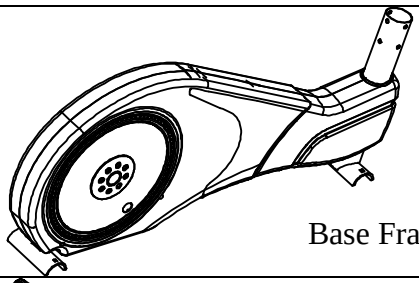
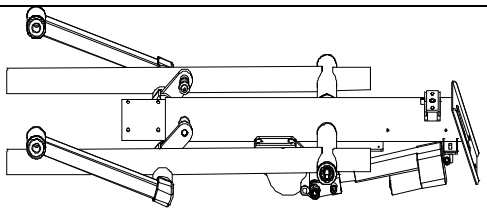
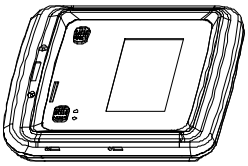
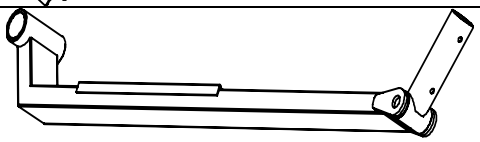
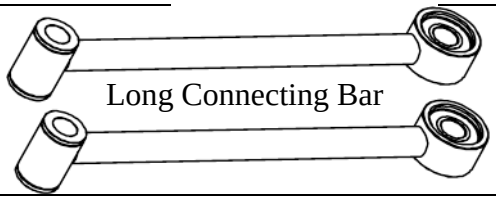
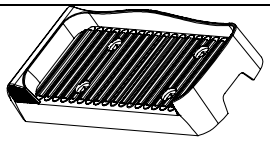
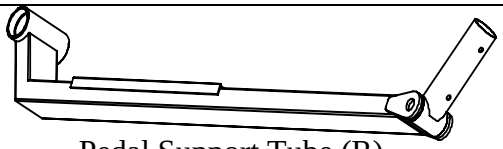
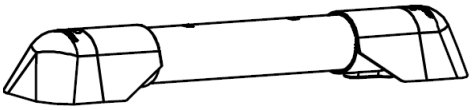
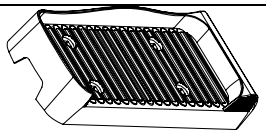
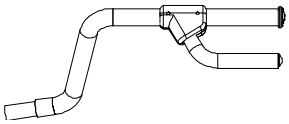
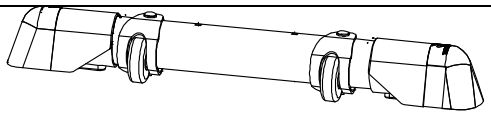
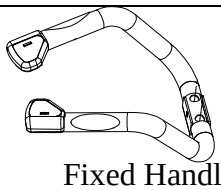
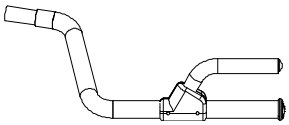
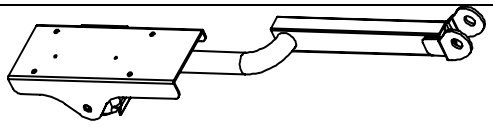
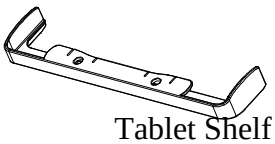
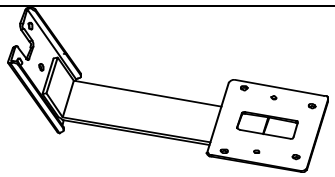
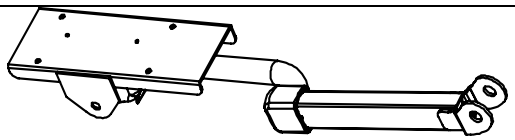
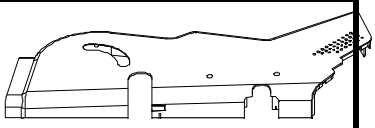
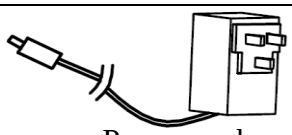
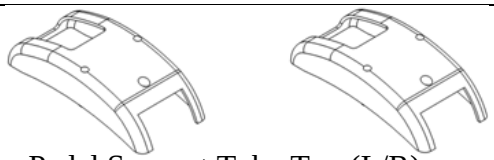
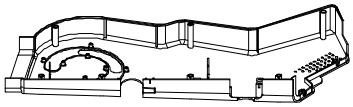
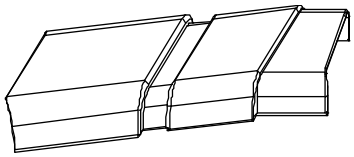
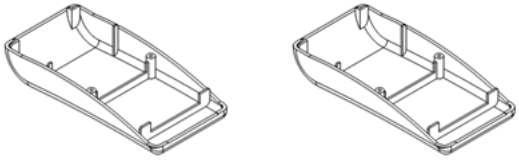
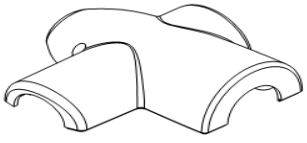
Ce produit doit être utilisé avec un circuit de courant de 110 volts et une feuille de terrain qui ressemble à celui illustré ci-dessous.

Les prises avec disjoncteur de fuite de terre et les disjoncteurs de fuite de terre ne sont PAS recommandés pour ce produit. Les prises avec disjoncteur de fuite de terre et les disjoncteurs de fuite de terre pourraient provoquer un mauvais fonctionnement de cet équipement.



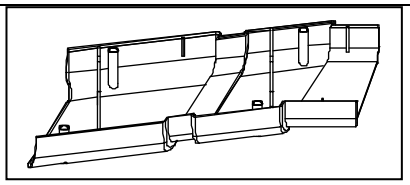
SUPPLIED COMPONENTS

This list identifies the major components you will use to assemble this product.

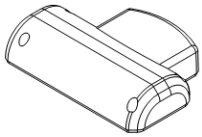
 Base Frame	 Upright Tube	 Console
 Pedal Support Tube (L)	 Long Connecting Bar	 Pedal (L)
 Pedal Support Tube (R)	 Rear Stabilizer	 Pedal (R)
 Action Handlebar (R)	 Front Stabilizer	 Fixed Handlebar
 Action Handlebar (L)	 Pedal Support Tube (L)	 Tablet Shelf
 Console Base	 Pedal Support Tube (R)	 Upper Upright Post Cover(L)
 Power pack	 Pedal Support Tube Top (L/R)	 Upper Upright Post Cover(R)
 Lower Upright Post Cover(L)	 Pedal Support Tube Bottom (L/R)	 Action Arm Cover Front

SUPPLIED COMPONENTS

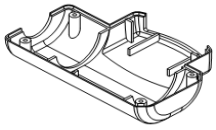
This list identifies the major components you will use to assemble this product.



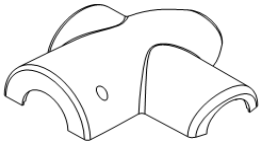
Lower Upright Post Cover



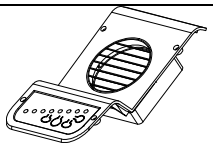
Pedal Tube Cover Top L/R



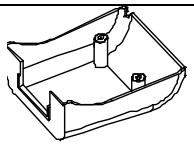
Pedal Tube Cover Bottom L/R



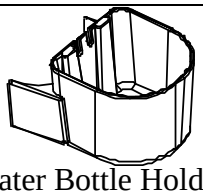
Action Arm Cover Rear



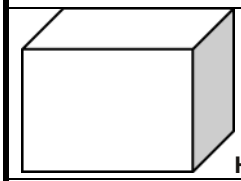
Fan/VST Board



Console Base Cover Rear



Water Bottle Holder



Hardwar box

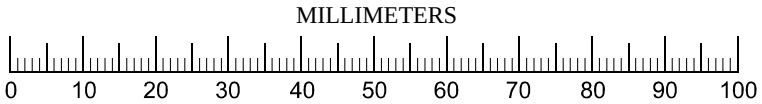
Hardware Pack List By step

Step 1	#19	Screw M8*1.25*72		2
	#65	Washer 5/16*16*1.0		2
	#20	Nylock nut M8*1.25		2
	#21	Plastic cap 5/16		2
Step 2	#19	Screw M8*1.25*72		2
	#65	Washer 5/16*16*1.0		2
	#20	Nylock nut M8*1.25		2
	#21	Plastic cap 5/16		2
Step 3	#18	Allen head bolt M8*1.25*15		6
Step 4	#18	Allen head bolt M8*1.25*15		3
	#135	Screw M4*16mm		7
	#30	Screw M5*0.8*12		4
	#6	Screw M8*1.25*15		2
	#134	Handlebar cover		1
	#136	Screw M3.5*12mm		2
Step 5	#46	Plastic flat round cap		2
	#39	Washer 10*22*3T		2
	#136	Screw M3.5*12mm		6
	#18	Allen head bolt M8*1.25*15		2
	#137	Protection cap		2
	#138	Large bolt		2

SUPPLIED COMPONENTS

This list identifies the major components you will use to assemble this product.

Hardware Pack List By Step cont.				
Step 6	#18	Allen head bolt M8*1.25*15		4
	#30	Screw M5*0.8*12		2
	#17	Washer 10*22*3T		2
	#12	Nylock nut M10*1.5		2
	#122	Screw 5/32*5/8		12
Step 7	#12	Nylock nut M10*1.5		4
	#5	End cap		4
	#14	Pedal tube shaft ∮17*97mm		2
	#11	Washer 10*32*2T		4
Step 8	#18	Allen head bolt M8*1.25*15		8
Step 9	*	Alignment Bar		4
	*	Allen Key		1
Step 10	#122	Screw 5/32*5/8		4
	#30/E	Screw M5*0.8*12		6
Step 11	#18	Allen head bolt M8*1.25*15		4
	#65	Washer 5/16*16*1.0		4
	#A	Washer M8		4
	#122	Screw 5/32*5/8		8
Step 12	#136	Screw M3.5*12mm		2
	#92	Power ADAPTOR		1



COMPLETE PARTS LIST

Item No.	Description	Qty.	Part No.
1	Handlebar end cap	2	CE55-1
2	Handlebar grip	2	CE55-2
3	T-Bar grip	2	CE55-3
4	Hand pulse grip unit	2	CE55-4
5	End cap	4	CE55-5
6	Screw M8*1.25*15	2	CE55-6
7	Locking washer	2	CE55-7
8	Washer ∮25.4	2	CE55-8
9	Sleeve O.D. 25.4MM	4	CE55-9
10	Sleeve	8	CE55-10
11	Washer 10*32*2T	6	CE55-11
12	Nylock nut M10*1.5	9	CE55-12
13	Pedal tube shaft ∮17*70mm	2	CE55-13
14	Pedal tube shaft ∮17*97mm	2	CE55-14
15	Bearing 2203RS	4	CE55-15
16	Retainer R40	4	CE55-16
17	Washer 10*22*3T	2	CE55-17
18	Allen head bolt M8*1.25*15	38	CE55-18
19	Screw M8*1.25*72	4	CE55-19
20	Nylock nut M8*1.25	10	CE55-20
21	Plastic cap 5/16	4	CE55-21
22	Large square plastic cap	2	CE55-22
23	Rear foot cover	2	CE55-23
24	Front foot cover (middle)	2	CE55-24
25	Left roller holder	1	CE55-25
26	Right roller holder	1	CE55-26
27	Wheel	2	CE55-27
28	Screw M8*50	2	CE55-28
29	Screw M4*16mm	6	CE55-29
30	Screw M5*0.8*12	16	CE55-30
31	Screw M5*20	29	CE55-31
32	Screw M4*8	8	CE55-32
33	Bearing 6003	2	CE55-33
34	Bearing ∮17mm	4	CE55-34
35	Screw M6*15	1	CE55-35
36	Locking screw M8*1.25*30	1	CE55-36
37	Spacer 17*28*1.0	8	CE55-37
38	Screw M8*1.25*65	6	CE55-38
39	Washer 8*25mm	20	CE55-39
40	Screw M8*1.25*30	1	CE55-40
41	Nut M8	3	CE55-41
42	Spring 3.5mm*21mm	1	CE55-42
43	Console	1	CE55-43
44	P.U.Roller	2	CE55-44
45	Screw M5*15	4	CE55-45
46	Plastic flat round cap	2	CE55-46
47	Flywheel 250	1	CE55-47
48	Speed Sensor Cable	1	CE55-48

COMPLETE PARTS LIST

Item No.	Description	Qty.	Part No.
49	Belt 550 J6	1	CE55-49
50	End cap	2	CE55-50
51	Plastic flat round cap	2	CE55-51
52	Pedal, LH	1	CE55-52
53	Pedal, RH	1	CE55-53
54	Adjustable foot	2	CE55-54
55	Small square plastic cap	2	CE55-55
56	End cap (T-Bar)	2	CE55-56
57	Middle cover, LH	1	CE55-57
58	Middle cover, RH	1	CE55-58
59	Side cover, LH	1	CE55-59
60	Side cover, RH	1	CE55-60
61	Screw M3*10mm	1	CE55-61
62	Motor	1	CE55-62
63	D- Axle ∮15**182mm	1	CE55-63
64	Magnet ∮14.8*7L	1	CE55-64
65	Washer 5/16*16*1.0	4	CE55-65
66	Pulley	2	CE55-66
67	Base frame	1	CE55-67
68	Upright tube	1	CE55-68
69	Swivel tube, LH	1	CE55-69
70	Swivel tube, RH	1	CE55-70
71	Fixed handle bar	1	CE55-71
72	Handle bar, LH	1	CE55-72
73	Handle bar, RH	1	CE55-73
74	Square pedal tube, left	1	CE55-74
75	Square pedal tube, right	1	CE55-75
76	Front foot (Stabilizer)	1	CE55-76
77	Rear foot (Stabilizer)	1	CE55-77
78	Flywheel holder bracket	1	CE55-78
79	Belt tensioner	1	CE55-79
80	Metal cross, LH	1	CE55-80
81	Metal cross, RH	1	CE55-81
82	Bushing	2	CE55-82
83	Bushing	2	CE55-83
84	Metal plate	2	CE55-84
85	Roller axle ∮12**103mm	2	CE55-85
86	Connecting tube	2	CE55-86
87	Front cover, LH	1	CE55-87
88	Front cover, RH	1	CE55-88
89	Console cable 990MM	1	CE55-89
90	Cable 850MM	1	CE55-90
91	Power wire 750MM	1	CE55-91
92	Power ADAPTOR	1	CE55-92
93	Washer ∮17*∮12*T1.0	3	CE55-93

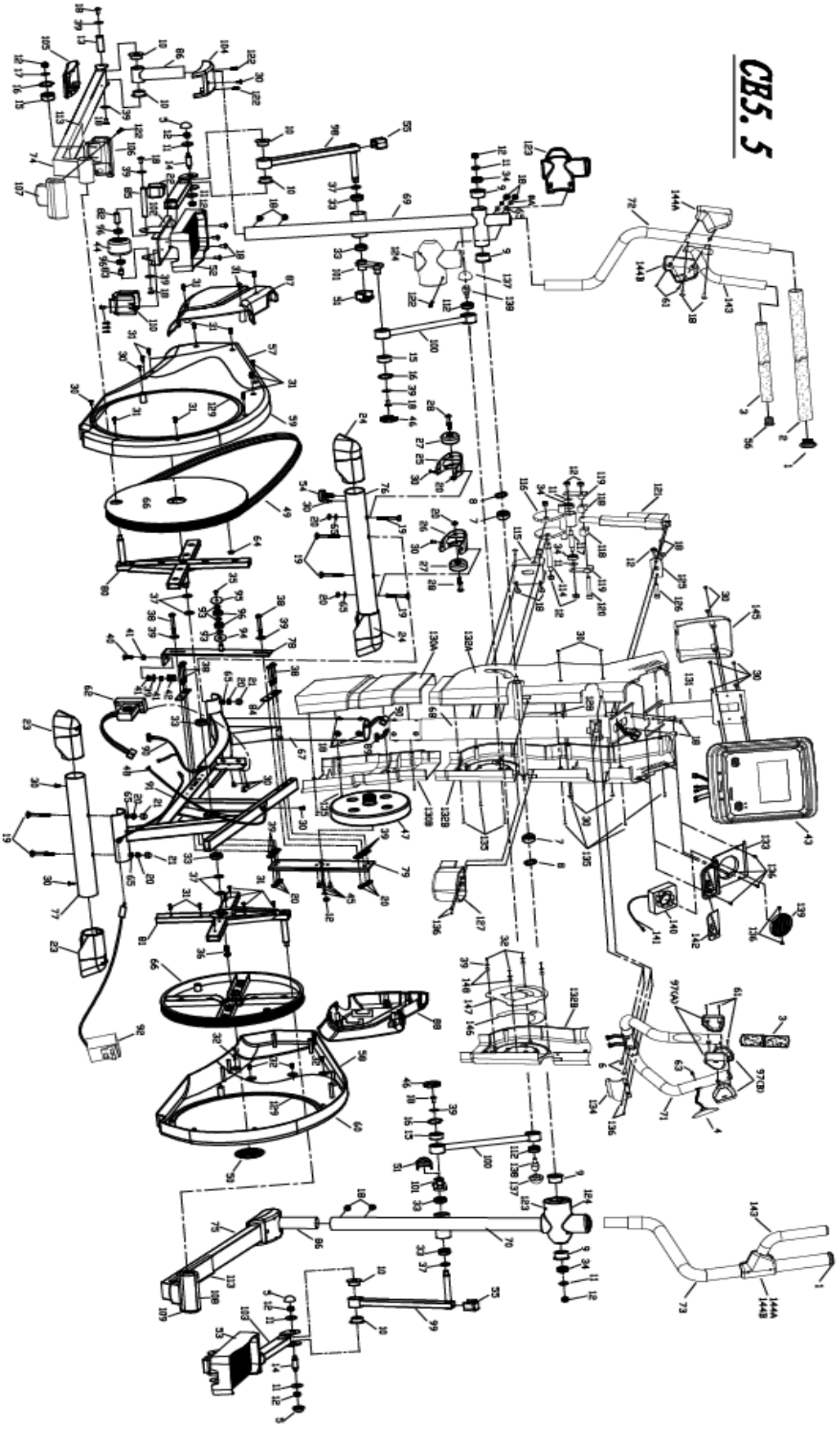
COMPLETE PARTS LIST

Item No.	Description	Qty.	Part No.
94	Washer ∮35*∮12*T2.0	1	CE55-94
95	Washer ∮35*∮6*T2.0	1	CE55-95
96	Bearing 6001	6	CE55-96
97A	Toggle switch left	1	CE55-97A
97B	Toggle switch right	1	CE55-97B
98	Square moving arms (L)	1	CE55-98
99	Square moving arms (R)	1	CE55-99
100	Long connecting bar	2	CE55-100
101	Swinging axle plate	2	CE55-101
102	Second step tube left	1	CE55-102
103	Second step tube right	1	CE55-103
104	Step foot cover-Top	2	CE55-104
105	Step foot cover-Bottom	2	CE55-105
106	Pedal tube cover top (L)	1	CE55-106
107	Pedal tube cover bottom (L)	1	CE55-107
108	Pedal tube cover top (R)	1	CE55-108
109	Pedal tube cover bottom (R)	1	CE55-109
110	Roller cover	2	CE55-110
111	Screw M5*8	3	CE55-111
112	Bearing 6002	4	CE55-112
113	Alum rail	2	CE55-113
114	Axle for inner adjustor	1	CE55-114
115	Base for inner adjustor	1	CE55-115
116	Outer adjustor	1	CE55-116
117	Connecting axle for lift motor	1	CE55-117
118	Holder for lift motor	2	CE55-118
119	Adjustor connector	2	CE55-119
120	Hex head screw M10×70mm	1	CE55-120
121	Lift motor	1	CE55-121
122	Screw 5/32*5/8	24	CE55-122
123	Arm cover front	2	CE55-123
124	Arm cover rear	2	CE55-124
125	Base bracket for lift motor	1	CE55-125
126	Hex head screw M10×40mm	1	CE55-126
127	Bottle holder	1	CE55-127
128	VST control board	1	CE55-128
129	380 Pulley rim	2	CE55-129
130A	Upright post cover	1	CE55-130A
130B	Upright post cover	1	CE55-130B
131	Console base	1	CE55-131
132A	Left upper upright post cover	1	CE55-132A
132B	Right upper upright post cover	1	CE55-132B
133	Front console cover	1	CE55-133
134	Front cover	1	CE55-134
135	Screw M4*16mm	11	CE55-135

COMPLETE PARTS LIST

Item No.	Description	Qty.	Part No.
136	Screw M3.5*12mm	8	CE55-136
137	Adjustor end cap	2	CE55-137
138	Large adjustor screw M10	2	CE55-138
139	Fan network	1	CE55-139
140	FAN	1	CE55-140
141	Cable for Fan	1	CE55-141
142	Fan and VST control board	1	CE55-142
143	Inner small handlebar	2	CE55-143
144A	Handlebar cover front	2	CE55-144A
144B	Handlebar cover rear	2	CE55-144B
145	Rear console base cover	1	CE55-145
146	Adjustor guide cover	2	CE55-146
147	Adjustor fixed cover	2	CE55-147
148	Adjustor rod cover	8	CE55-148
149	Tablet holder	1	CE55-149
#A	Washer M8	4	CE55-#A

EXPLODED DIAGRAM

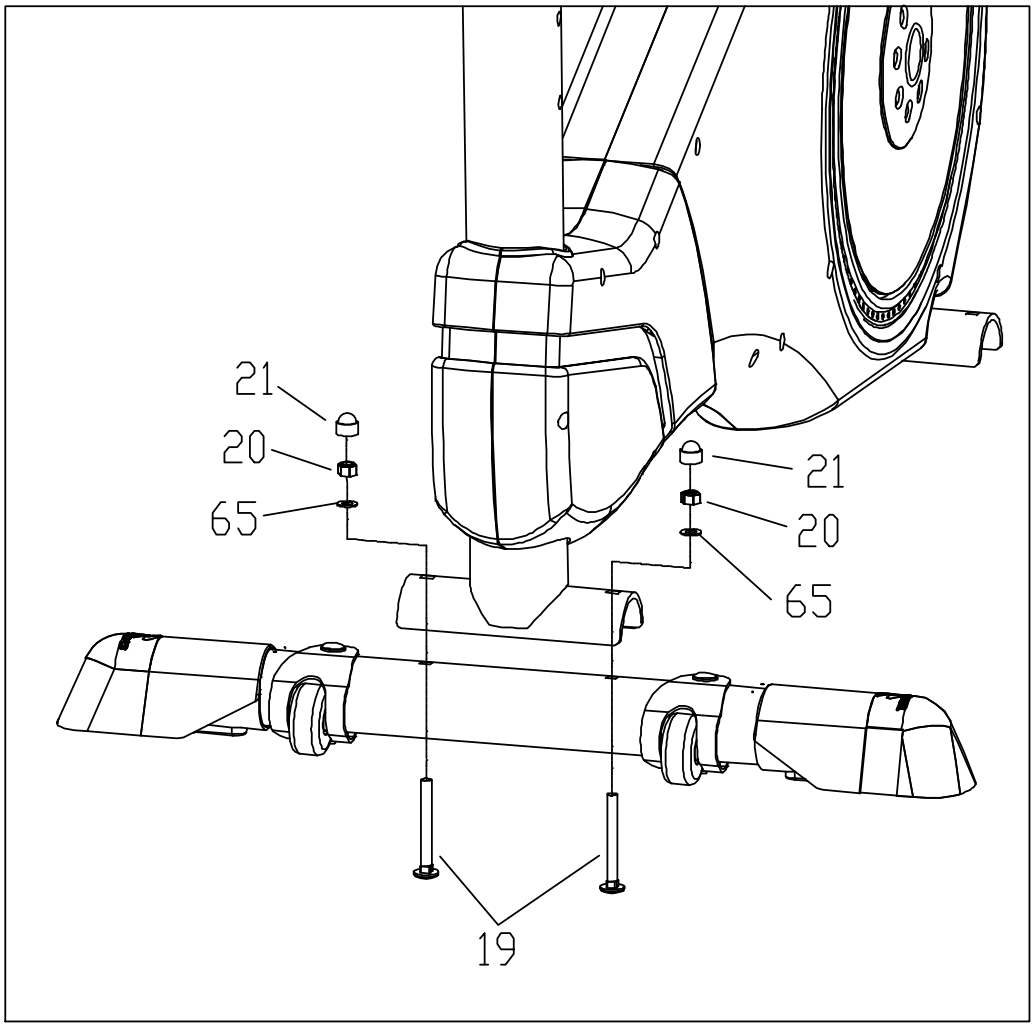


ASSEMBLY

STEP 1: **Attach the Front Support (Front Stabilizer)**
NOTE: To make attaching the support easier place a large Styrofoam block under the machine.

(A) Attach the front support to the base frame with the wheels facing outward.
(B) Align the 2 bolt holes in the front support with the bolt holes in the main frame.
(C) Secure the front support to the main frame by using 2 x #19 bolts inserted through the bottom, 2 x # 65 washers 2 x 20 lock nuts and 2 x #21 nut covers
(D) Tighten all bolts now.

#19		2
#65		2
#20		2
#21		2

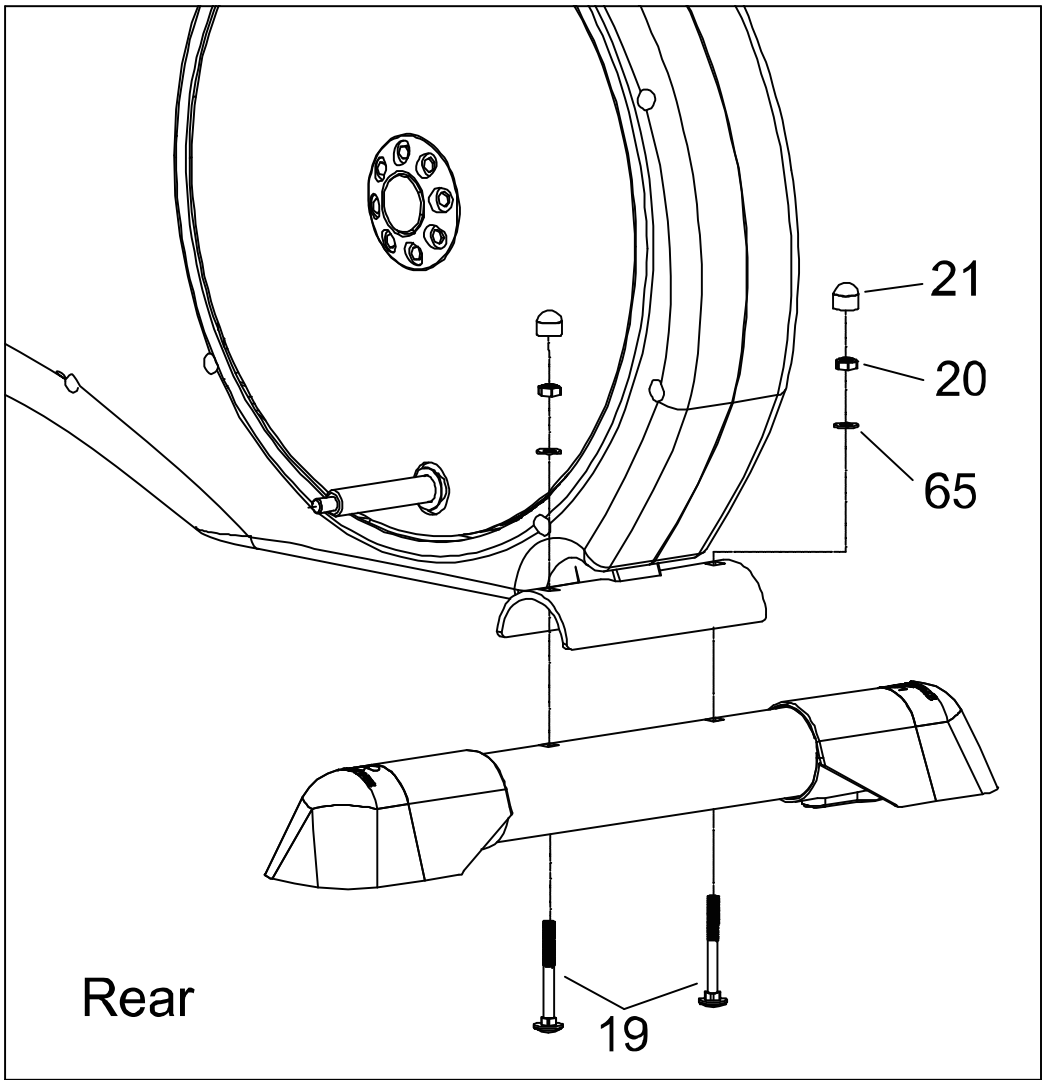


ASSEMBLY

STEP 2: **Attach the Rear Support (Rear Stabilizer)**
NOTE: To make attaching the support easier place a large Styrofoam block under the machine.

(A) Attach the rear support to the base frame
(B) Align the 2 bolt holes in the rear support with the bolt holes in the main frame.
(C) Secure the rear support to the main frame by using 2 x #19 bolts inserted through the bottom, 2 x # 65 washers 2 x 20 lock nuts and 2 x #21 nut covers
(D) Tighten all bolts now.

#19		2
#65		2
#20		2
#21		2



ASSEMBLY

STEP 3: **Attach the Upright Tube Assembly to the Base Frame**
NOTE: This step is easier to complete with 2 people
! Caution Pinch Point: Do not pinch the wires between the frame!

(A) Hold the upright tube over the round base frame tube so that the data cable can be connected prior to assembly
(B) After the data cable is connected slide the upright tube onto the round base frame tube.
(C) Check to make sure the upright tube is facing the correct direction. (See Fig. 4A)
(D) Secure the upright tube to the base frame by using 6 x #18 Allen head bolts.
(E) Hand tighten all the bolts first Do not fully tighten these bolts until step 9.

#18		6

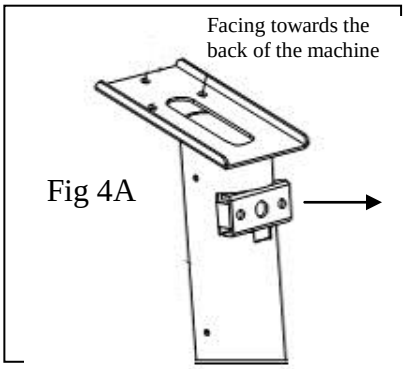
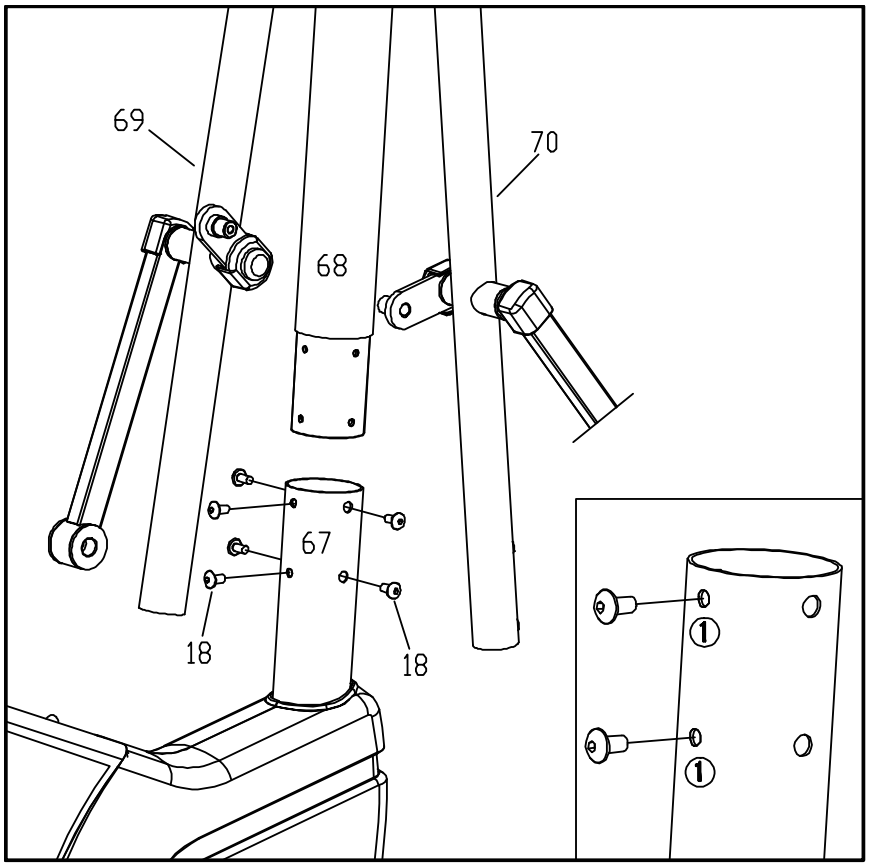


Fig 4A



ASSEMBLY

STEP 4:**Attach the Console Base, Upright Covers and Handlebars**

(A) Place the console base #131 on top of the upright tube #68 and align the bolt holes (See Fig. 4A)

(B) Secure the console base to the upright tube by using 3 x #18 Allen bolts. Completely tighten the bolts now

(C) Attach the upper upright covers #132A and 132B around the upright post and secure the covers together by using 7 x #135 screws and 4 x #30 screws. (See Fig.4B) Do not completely tighten these screws until step 5

(D) Feed the heart rate wire and toggle switch wires for the hand grips through the small hole below the handlebar bracket and then up through the top of the upright tube. Lay the wires over the top of console base covers

(E) Attach and secure the handle bars to the handle bar bracket on the upright tube by using 2 x #6 Allen head bolts. Completely tighten the bolts (See Fig 4C) **Tighten the handlebar bolts now.**

(F) Place the handlebar cover over the handlebar bolts and secure it to the upper upright post covers by using 2 x #136 screws.

#18		3
#135		7
#30		4
#6		2
#134		1
#136		2

Fig 4A

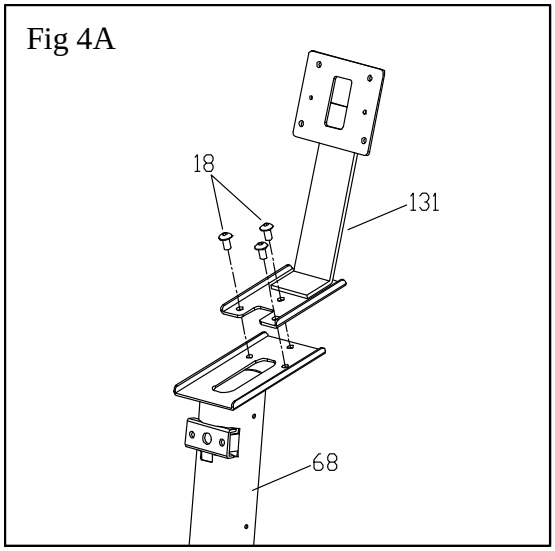


Fig 4B

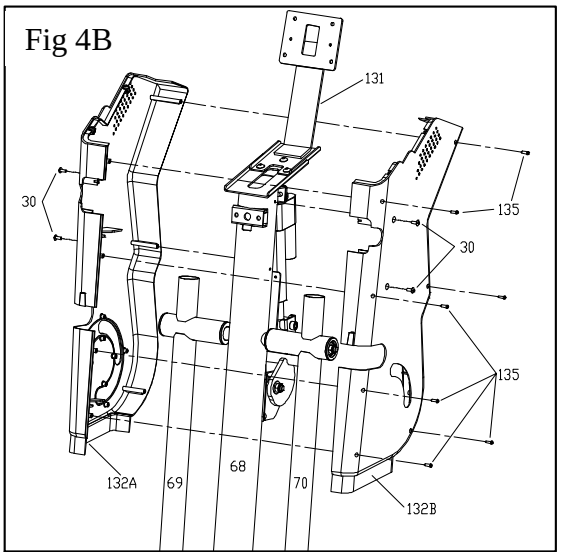
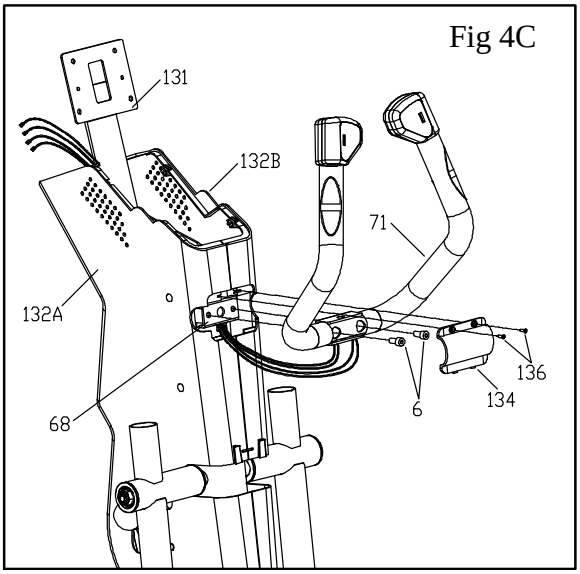


Fig 4C



ASSEMBLY

STEP 5: **Attach the Fan and Handlebar Covers**

(A) Place the fan cover #133 in-between the #132A and #132B covers (See Fig.5A).
(B) Attach wire 3 and 4 from the upright post to the fan board and then wire 2 from the upright post to wire 2 from the fan board. Now attach wire 8 from the hand rail assembly to wire 8 from the fan board. (See Fig. 5B)
(C) Take the # 7 fan wire and route it with the other wires from the handrail assembly
(D) Secure the fan cover #133 by using 4 x #136 screws.
(E) Attach the Handlebar cover #134 and secure it using 2 x #136 screws.
(F) Fully tighten all screws for covers #133, #134, #132A and 132B (See Fig.5C)
(G) Place the two long connecting bars on to the swinging axel plate #101 and the opposite end on the stride adjuster. Be certain that the Long connection bar is facing the correct direction (See Fig. 5D)
(H) Secure both long connecting bars to the swinging axel plates #101 by using 2x #18 Allen head bolts, 2x #39 M8 Washer.
(I) Completely tighten the #18 bolts and insert the plastic cap
(J) Secure the long connecting bars to the stride adjuster by using 2 x #138 large bolts. (See Fig. 5E)
(K) Completely tighten the large bolts and cover with 2 x #137 protective cap

#136		6
#18		2
#39		2
#46		2
#137		2
#138		2

Fig.5A

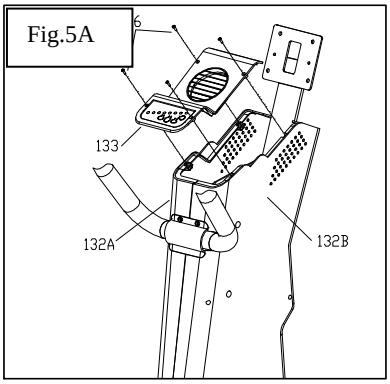
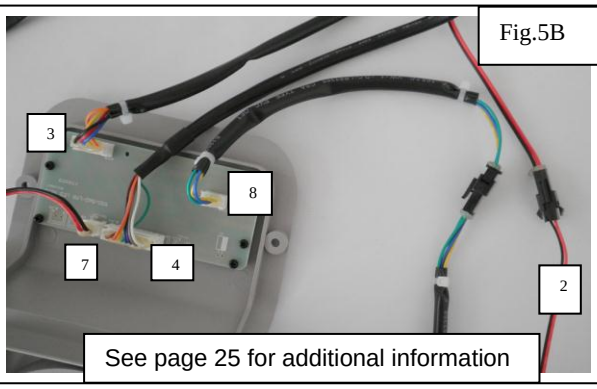


Fig.5B



See page 25 for additional information

Fig.5C

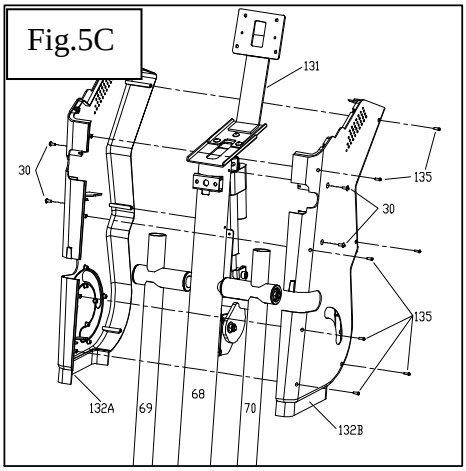


Fig. 5D

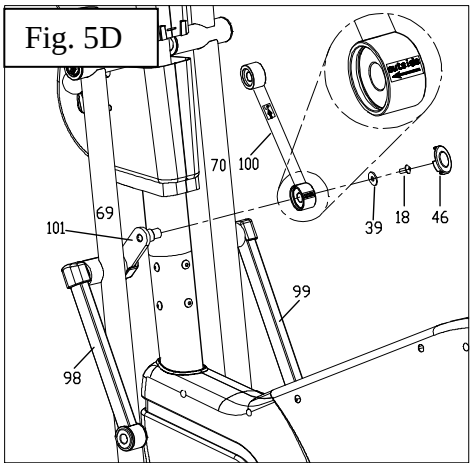
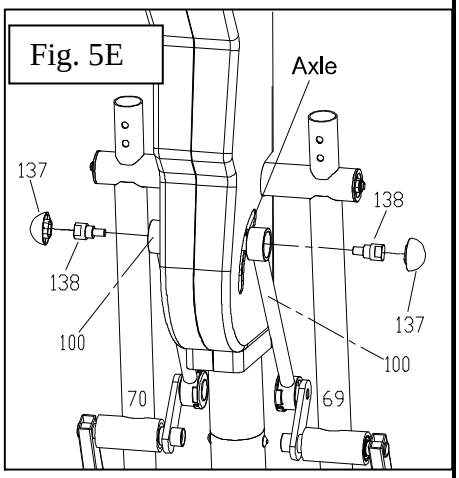


Fig. 5E



ASSEMBLY

STEP 6: **Attach the Pedal Tube Assembly**

(A) Locate the left and right pedal tube assemblies (#74 and #75)
(B) Attach the front pedal covers top and bottom #104/#105 to the right pedal by using 2x #122 screws and 1 x #30 screw. (See Fig.5A)
(C) Repeat the process for the left side pedal tube
(D) Attach the right pedal tube to the base frame crank arm (See Fig.5B)
(E) Secure the pedal tube to the base frame crank arm by using 1 x #17 washer and 1 x #12 M10 lock nut. Completely tighten with a wrench
(F) Repeat the process for the left side pedal tube
(G) Attach and secure the Rear pedal tube covers #108 and #109 to the right pedal tube by using 4 x #122 screws.
(H) Repeat this process for the left side Using Rear pedal tube covers #106/107 Tighten all fasteners now
(I) Insert the front right of the pedal tube #86 on to Action handle bar tube #70 and secure them together by using 2 x #18 Allen head bolts (See Fig. 5C) Do not fully tighten these bolts. <u>These should be tightened in step 9</u>
(J) Repeat the process for the right side. Do not fully tighten these bolts. These should be tightened in step

#122		12
#30		2
#12		2
#17		2
#18		4

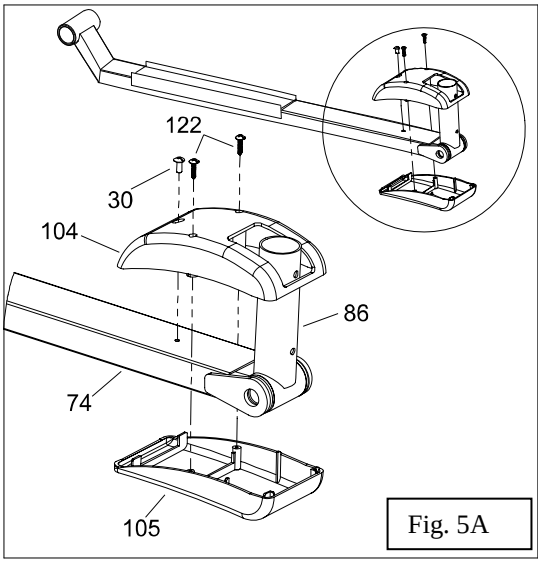


Fig. 5A

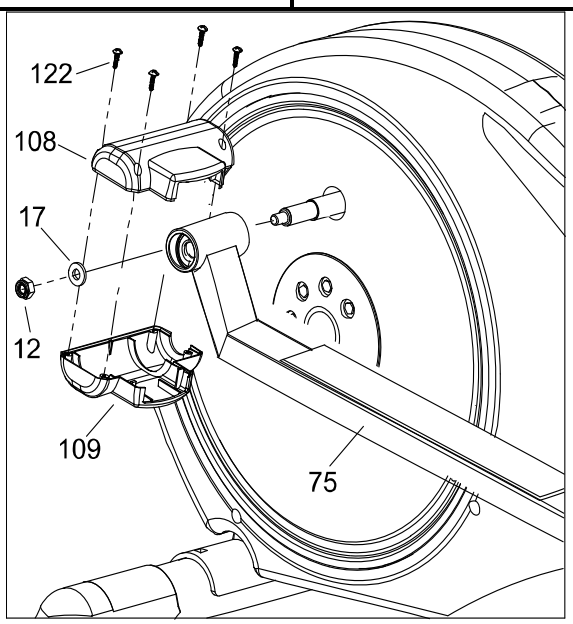


Fig. 5B

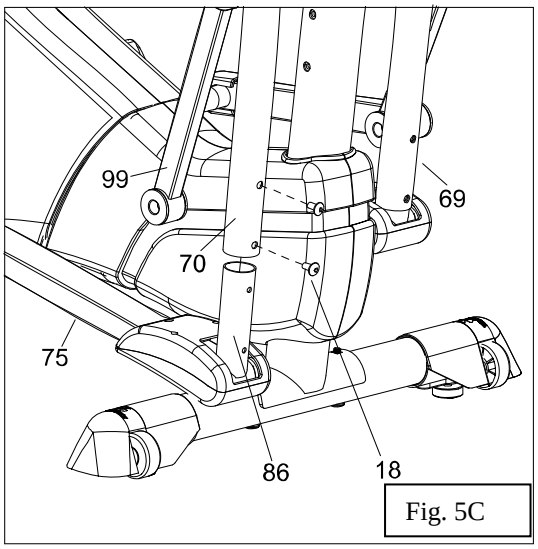


Fig. 5C

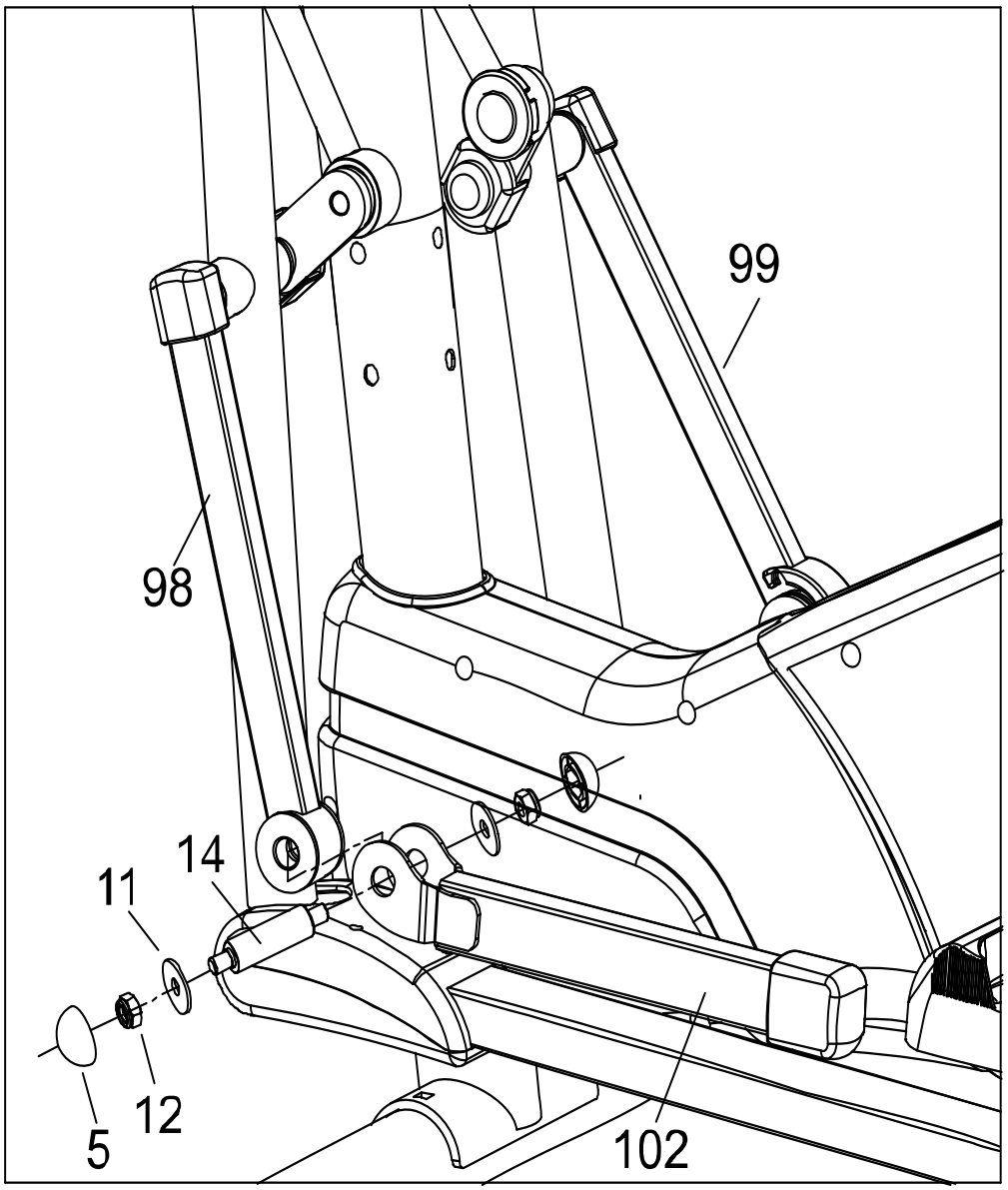
ASSEMBLY

STEP 7:**Attach the Second Pedal Support Tube Assembly**

(A) Place the left second pedal support tube assembly on top of the pedal support tube and align the rubber roller on the center of the #113 aluminum rail.
(B) Insert the “U” bracket over the preassembled #98 short square swing arm
(C) Insert the #14 small axel through the #102 “U” bracket and #98 short square swing arm
(D) Secure the #14 small axel by using 2 x #11 washers and 2 x #12 lock nuts.
(E) Completely tighten the large bolts and cover with 2 x #5 protective caps
(F) Repeat the process above for the right side.

NOTE: Due to the tight tolerance of part #102 and #98 it may be easier to install put part #11 washer and #12 nut on one side of the # 14 small axel and twist the axel through the part #102 and #98.

#12		4
#5		4
#14		2
#11		4

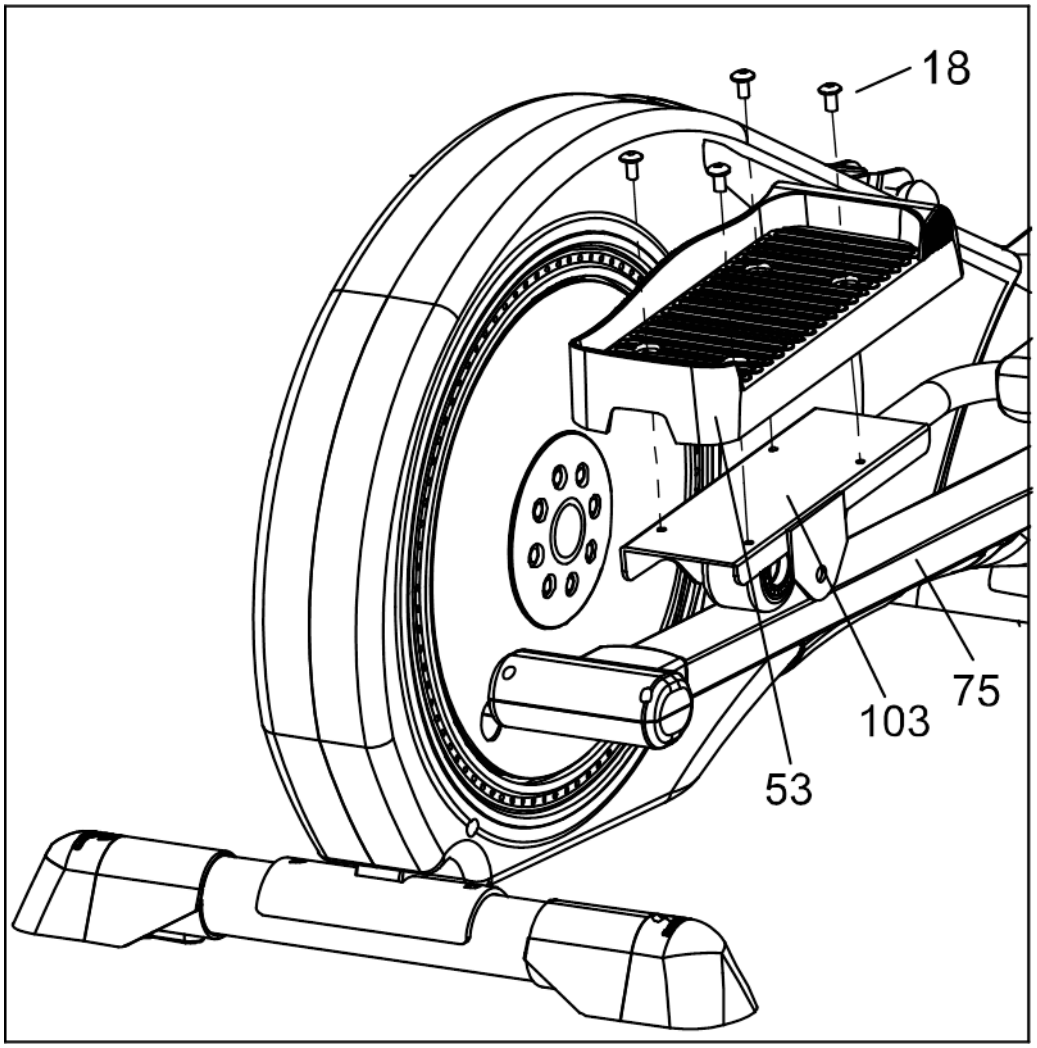


ASSEMBLY

STEP 8:**Attach the Foot Pedals**

(A) Locate and attach the right pedal to the second pedal support tube “foot plate”.
(B) Secure the foot pedal to the foot plate by using 4x #18 Allen head bolts.
(C) Repeat the process for the left side.

#18		8



ASSEMBLY

STEP 9:**Roller Alignment**

(A) Take the 4 alignment bars and place them on the aluminum rail on either side of the rubber roller, with the orange marker facing towards the rear of the machine (see Fig.9A) there should be 2 alignment rods on the left side and 2 alignment rods on the right side.

(B) Both the left and right rollers should be in the center of the rods. If the rollers are off center adjust the upright tube by slightly twisting it to the left or right to align the rollers. (Fig. 9B)

(C) When the rollers are centered, tighten the bolts that were left loose in steps 3 and 6. (Fig. 9D)

(D) Recheck that all bolts are tight and rollers are centered

(E) Store the alignment rods for later use.

Fig .9A

Fig .9B

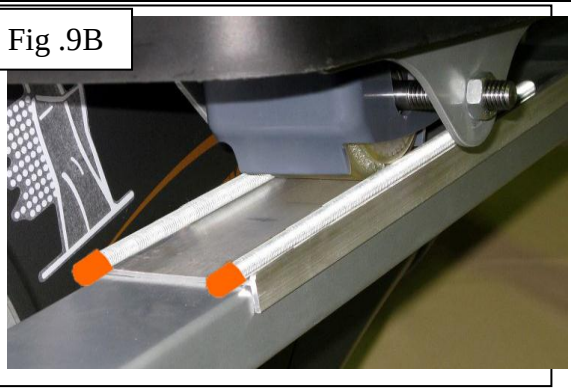


Fig .9C

Fig .9D

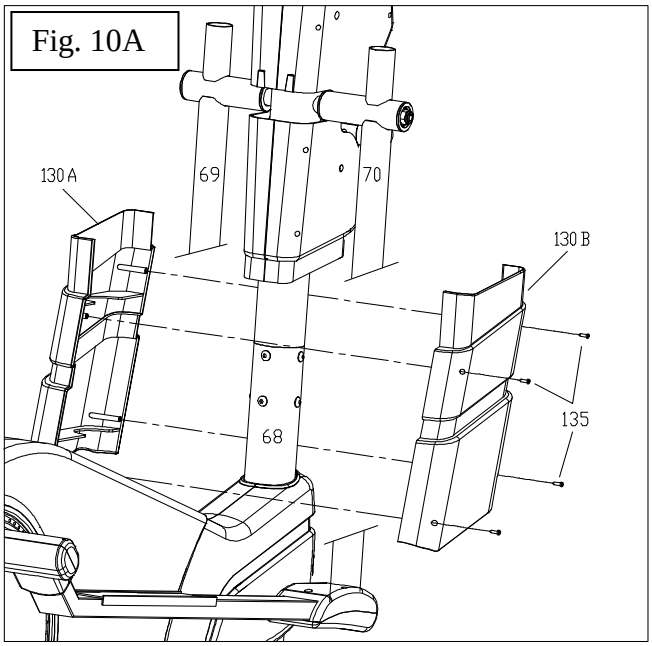
ASSEMBLY

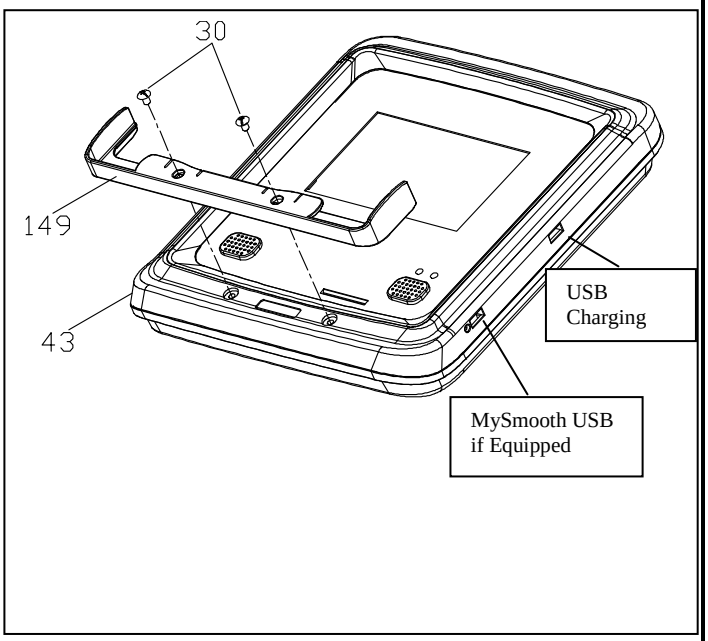
STEP 10:**Attach the Console Base and Handlebars**

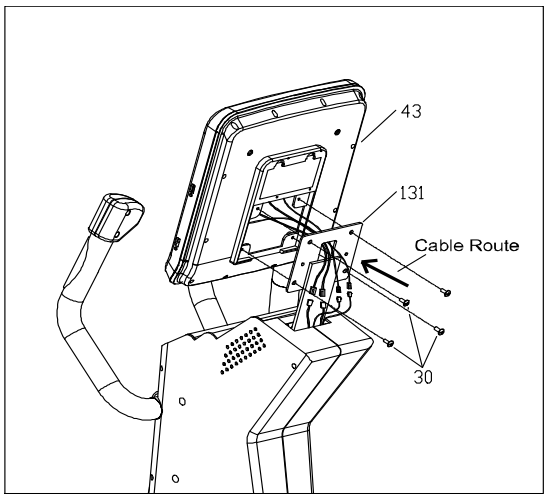
(A) Place the lower upright post covers #130A/B around the upright post (See Fig. 10A)
(B) Secure the two covers together by using 7 x #135 screws.
(C) Attach the Tablet holder to the computer and secure it by using 2 x #30 Screws (See Fig. 10B)
(D) Connect the computer wires from the computer to the wires from the upright post. Route the wires as directed in Fig. 10B. Push the extra wire down in to the upright post covers or into the back of the computer (See Fig. 10C and the wire guide below)
(E) Secure the console to the console mounting bracket by using 4 x #30/E screws.

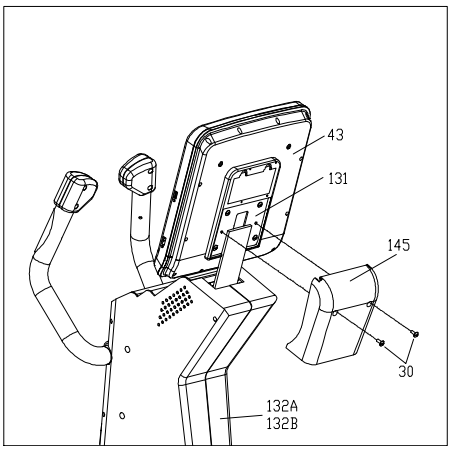
#122		4
#30/E		6

Fig. 10A









Cable connections	Description
Cable from the upright	# 12 (Large plug)
Two cables for the heart rate	#9 (Two small plugs)
Two cables for the toggle switches	#10, #7Two small plugs
Cable from the tension motor	#11 (Medium plug)

See page 25 for additional information

ASSEMBLY

STEP 11: Attach the Upper Action Handle Bars and Covers

(A) Place the left upper action handlebar #72 inside the left lower action handlebar #69.
(B) Secure the left upper action handlebar to the left lower action handlebar by using 2 x #18 Allen head bolt, 2x #65 flat washer and 2 x #A Spring lock washer (See Fig. 12A)
(C) Repeat the process above for the right side
(D) Completely tighten all bolts
(E) Place the front and back decorative covers #123and 124 around the left side lower action arm (the front and back decorative covers will attach to the left and right side)
(F) Secure the covers with 4 x #122 screws
(G) Repeat the process above for the right side.

#18		4
#65		4
#A		4
#122		8

Fig. 12A

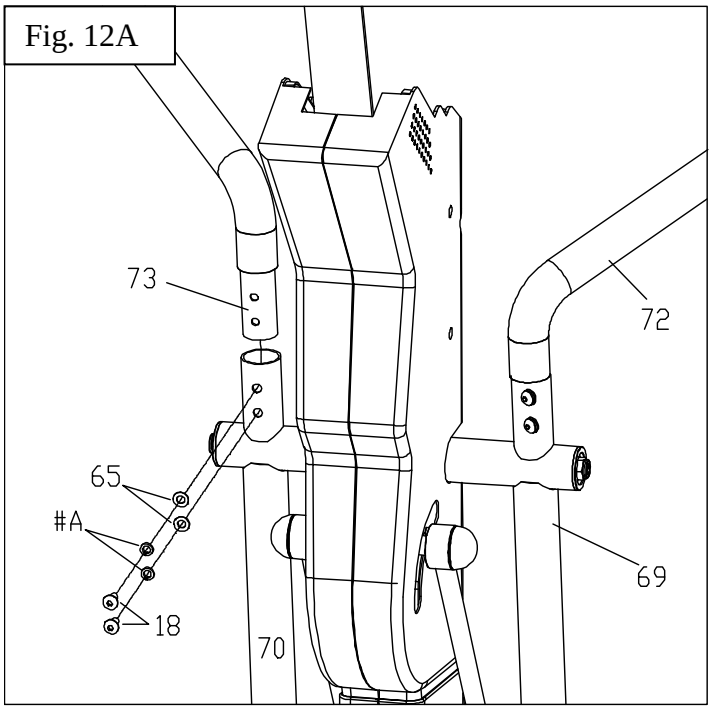
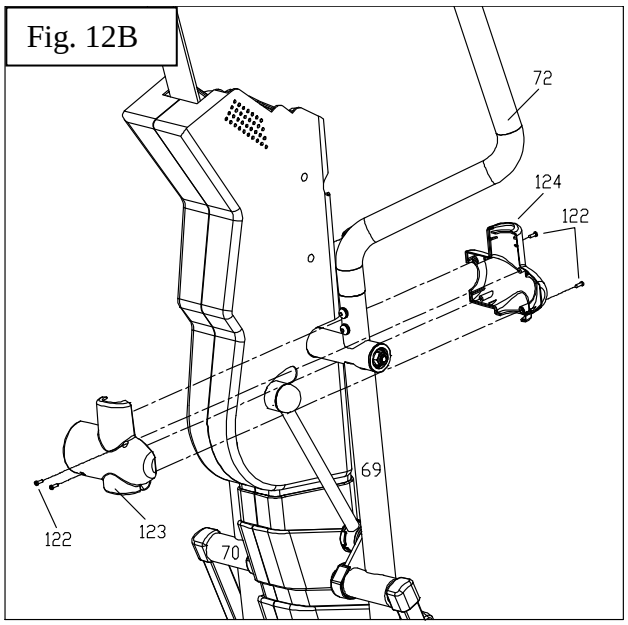


Fig. 12B



ASSEMBLY

STEP 12: Attach the Bottle Holder and Power Supply

(A) Place the water bottle holder #136 on the upper upright cover #132A/B (See Fig. 13A).and slide it downwards on to the mounting bracket aligning the screw holes.
(B) Secure the water bottle holder to the covers using 2 x # 136 screws.
(C) Recheck that all fasteners used in assembly are tight.
(D) Connect the power supply to the power inlet on the rear of the elliptical (See Fig. 13B)

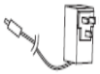
#136		2
#92		1

Fig. 13A

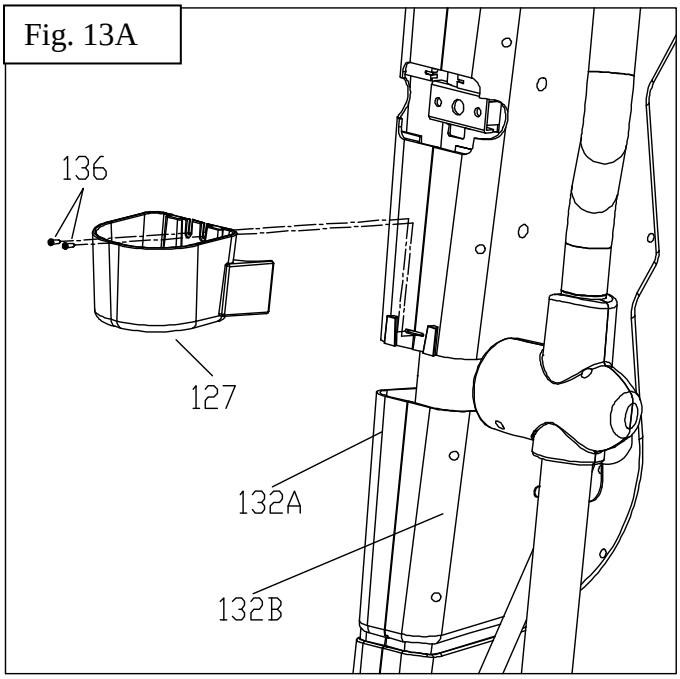
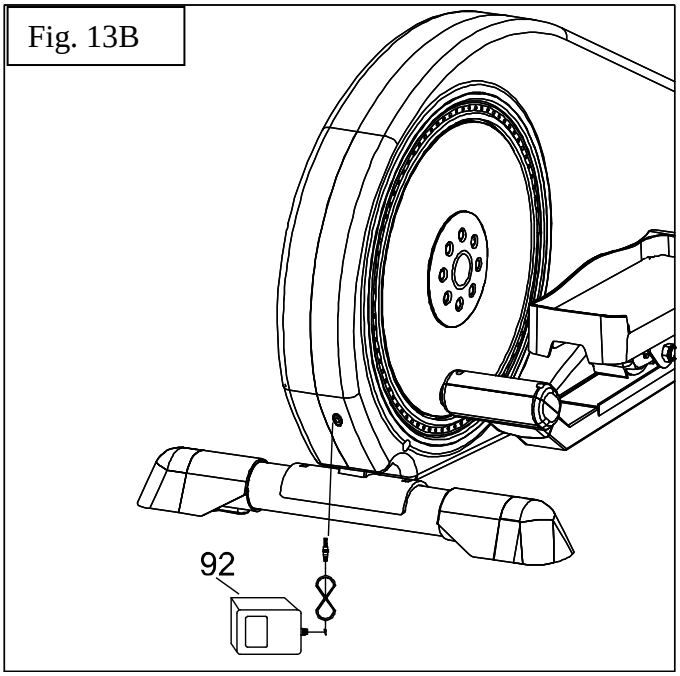
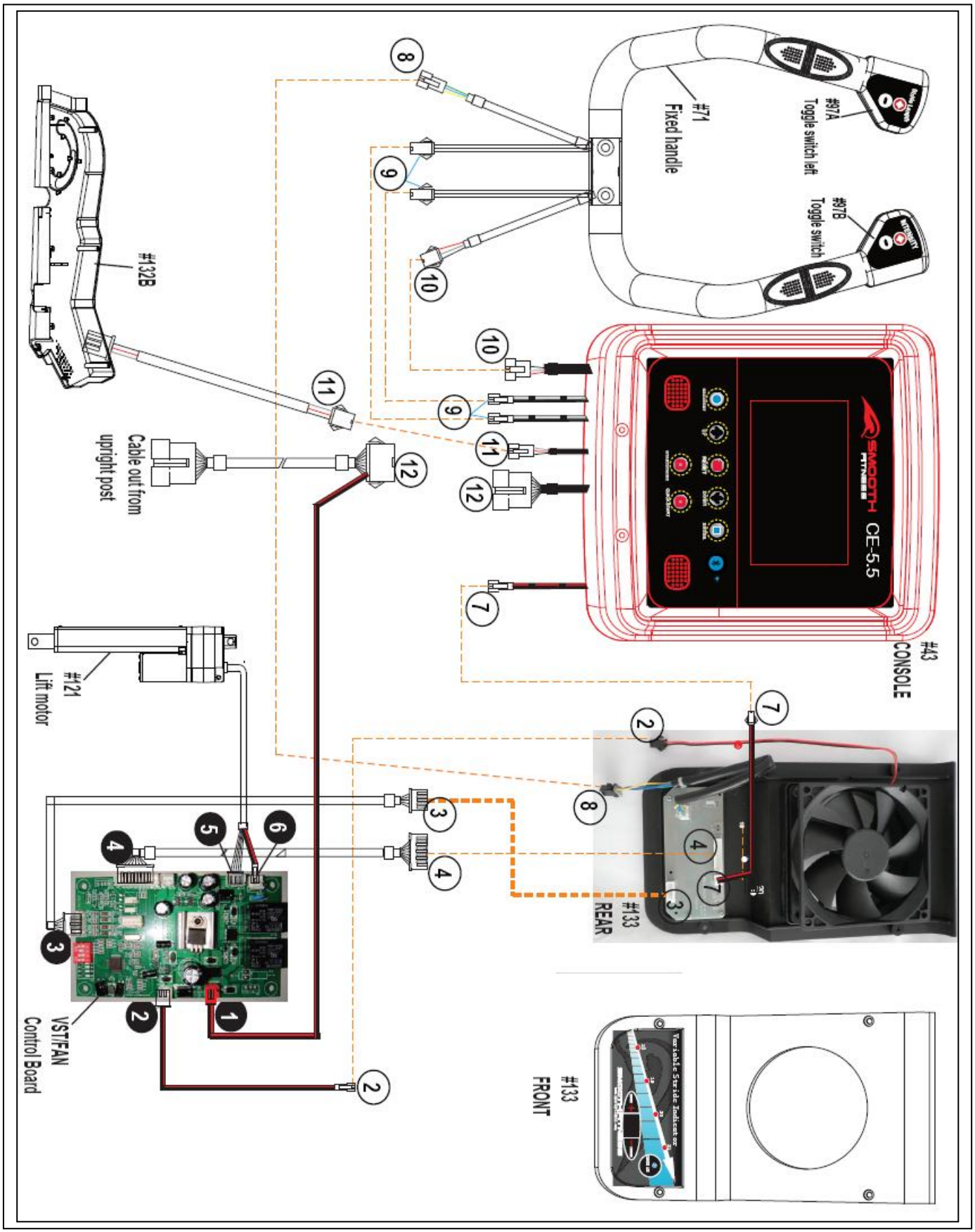


Fig. 13B



Wiring Diagram



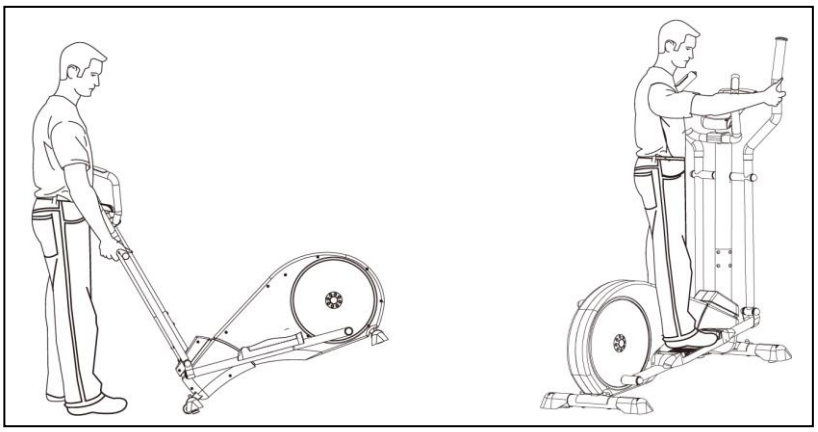
Mp3 and Smooth Breeze Fan

To play music or audio books through the console sound system while you exercise, plug the included audio cable into the jack on the back of the console and into a jack on your MP3 or iPod; make sure that the audio cable is fully plugged in. Next, press the play button on your MP3 player or IPOD. Adjust the volume level using the volume control on your MP3 or IPOD.

Smooth Breeze Fan

Cooling Fan is included with the unit to increase the Air Circulation during your exercise. To operate press the "Fan" key to turn on. To turn the fan off, press the "Fan" key again to stop the fan.

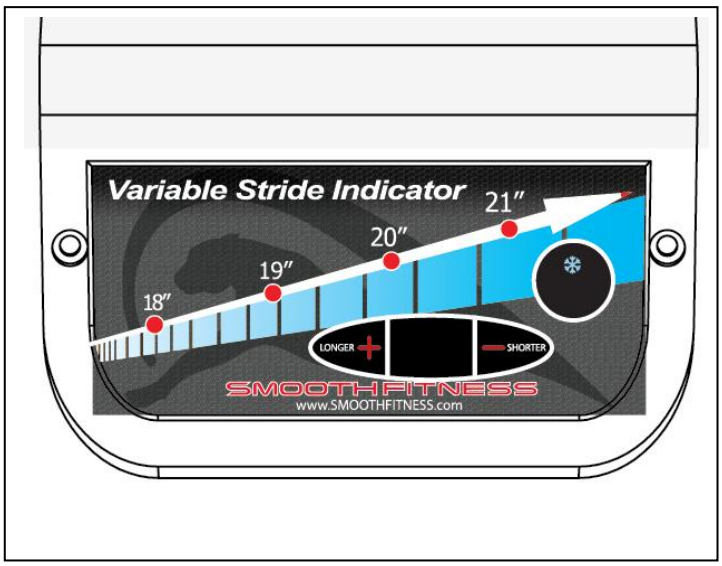
- Please follow these instructions when carrying and moving the equipment about, because lifting it incorrectly may strain your back or cause other incidents:
- The device is easy to move by pulling it on the integrated transport wheels that are located on the front support. Tilt the device from the front and pull the unit across the floor. We recommend that you use a protective floor cover when transporting the equipment
- To prevent the equipment from malfunctioning, store in a dry place with as little temperature variation as possible and protected from dust.



STRIDE ADJUSTMENT

VST STRIDE ADJUSTMENTADJUSTMENT:

The CE 5.5 is equipped with an electronic stride adjustment. This feature allows you to adjust the stride length to what is most comfortable for you.
To adjust the stride, locate the VST adjustment buttons located on the Fan/VST board pictured below. The stride can be adjusted during use, by pressing the + or – stride adjustment buttons. The elliptical has four different stride settings. The LED indicator will illuminate the current stride setting.



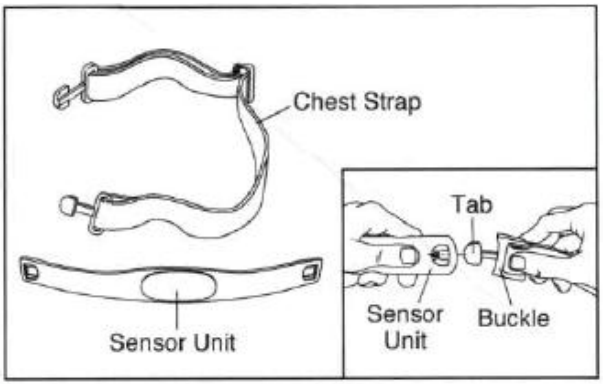
Wireless Heart Rate

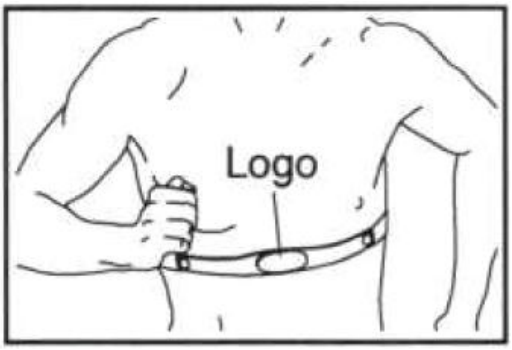
WIRELESS CHEST BELT MONITOR

CE 3.0 includes the pre-installed receiver with console. The chest belt is an option and is **not included** with the equipment. To use the wireless interactive portion of the programming you can purchase the optional chest belt from our website www.smoothfitness.com or call 1-888-800-1167.

HOW TO WEAR THE WIRELESS CHEST BELT

The monitor has two components: a chest belt and a sensor unit (see the drawing below). Insert the tab on one end of the chest best into one end of the sensor unit, as shown in the insert drawing. Press the end of the sensor unit under the buckle on the chest belt. The tab should be flush with the front of the sensor unit.





Next, wrap the chest belt monitor around your chest and attach the other end of the chest belt to the sensor unit. Adjust the length of the chest belt, if necessary. The chest belt monitor should be under your clothes, tight against your skin, and as high under the pectoral muscles or breasts as is Comfortable. Make sure that the logo on the sensor unit is facing forward and is right-side-up Pull the sensor unit away from your body a few inches and locate the two electrode areas on the inner side (the electrode areas are covered by shallow ridges). Using saline solution such as saliva or contact lens solution, wet both electrode areas. Return the sensor unit to a position against your chest.

STORAGE AND MAINTENANCE

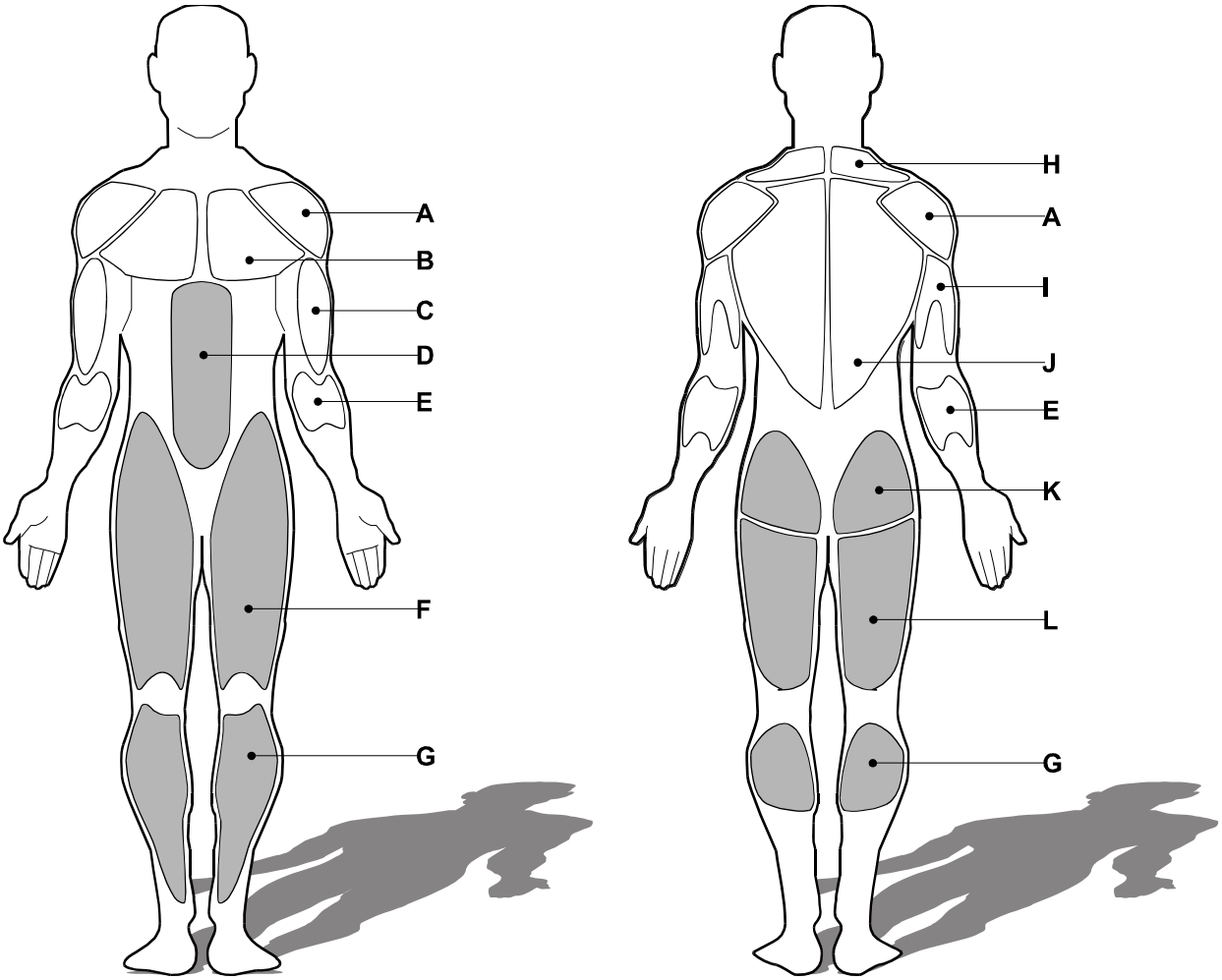
Dry the chest belt monitor after each use. The chest belt monitor is activated when you wet the electrode areas and put on the chest belt monitor; the chest belt Monitor shuts off when it is removed and the electrode areas are dried. If the chest belt monitor is not dried after each use, the battery may be drained prematurely

- Store the chest belt monitor in a warm, dry place. Do not store the chest belt monitor in a plastic bag or other container that may trap moisture.
- Do not excessively bend or stretch the sensor unit when using or storing the chest belt monitor.
- Clean the sensor units using a damp cloth- never use alcohol, aba dives, or chemicals. Hand wash and air dry the chest belt.
- If the chest belt monitor does not function properly, try the suggestions below.
- Make sure that you are wearing the chest belt monitor as described at the left. Note: If the chest belt monitor does not function when positioned as described, move it slightly lower or higher on your chest.
- Use saline solution such as saliva or contact lens solution to wet the two electrode areas on the sensor unit. If chest belt readings do not appear until you begin perspiring, re-wet the electrode areas.
- To use the chest belt heart rate, position yourself near the console. It is recommended that the user be within arm’s length of the console.
- The chest belt monitor is designed to work with people who have normal heart rhythms. Chest belt reading problems may be caused by medial conditions such as premature ventricular contractions (pvcs), tachycardia bursts, and arrhythmia
- The operation of the chest belt monitor can be affected by magnetic interference caused by high power lines or other sources, if it is suspected that this is a problem, try relocating the elliptical.

MUSCLE CHART

Targeted muscle groups:

The exercise routine that is performed on this product will develop primarily lower body muscle groups. These muscle groups are shown in gray color on the chart below.



MUSCLE GROUPS

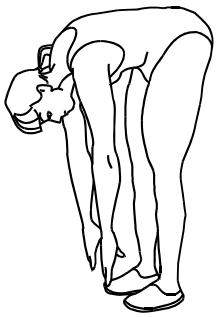
A	Shoulder muscles	Calf muscles	G
B	Pectoral muscles	Trapezius muscles	H
C	Bicep muscle	Tricep muscles	I
D	Abdominal muscles	Back muscles	J
E	Forearm muscles	Gluteal muscles	K
F	Quadricep muscles	Hamstring muscles	L

STRETCHING ROUTINE

Warm up and cool down:
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.
Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the warm-up and cool-down exercises on the following pages:

Toe Touch:

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



Shoulder Lift:

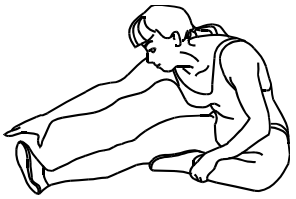
Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

Inner Thigh Stretch:

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

Hamstring Stretch:

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.

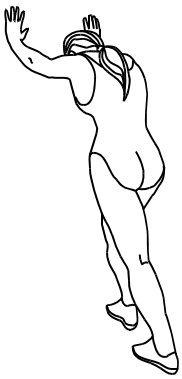


Side Stretch:

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.

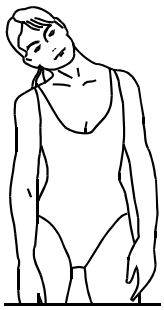
Calf-Achilles Stretch:

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts.



Head Roll:

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



COMPUTER OPERATION

Console Display Description

Display	Display Range	Setting Range	Default	Memory
SEX		MALE/ FEMALE		Yes
AGE		10 - 100		Yes
WEIGHT(METRIC)		20 - 330(Lb.) 10 - 150(KG)		Yes
HEIGHT		36 - 84(INCH) 90 – 210(CM)		Yes
TIME	0:00 - 99:59	0:00 - 99:00	0: 00	No
DISTANCE	0.0 - 99.99	0.00 - 99.50	0: 00	No
CALORIES	0 - 999	0 - 990	0: 00	No
SPEED	0.0 - 99.9		0: 00	No
PULSE	30 - 200 BPM		0: 00	No
RPM	0 - 250 rpm		0: 00	No
BRAKE RESISTANCE LEVEL		L1 - L24	L1	No

COMPUTER OPERATION

Console Display Description

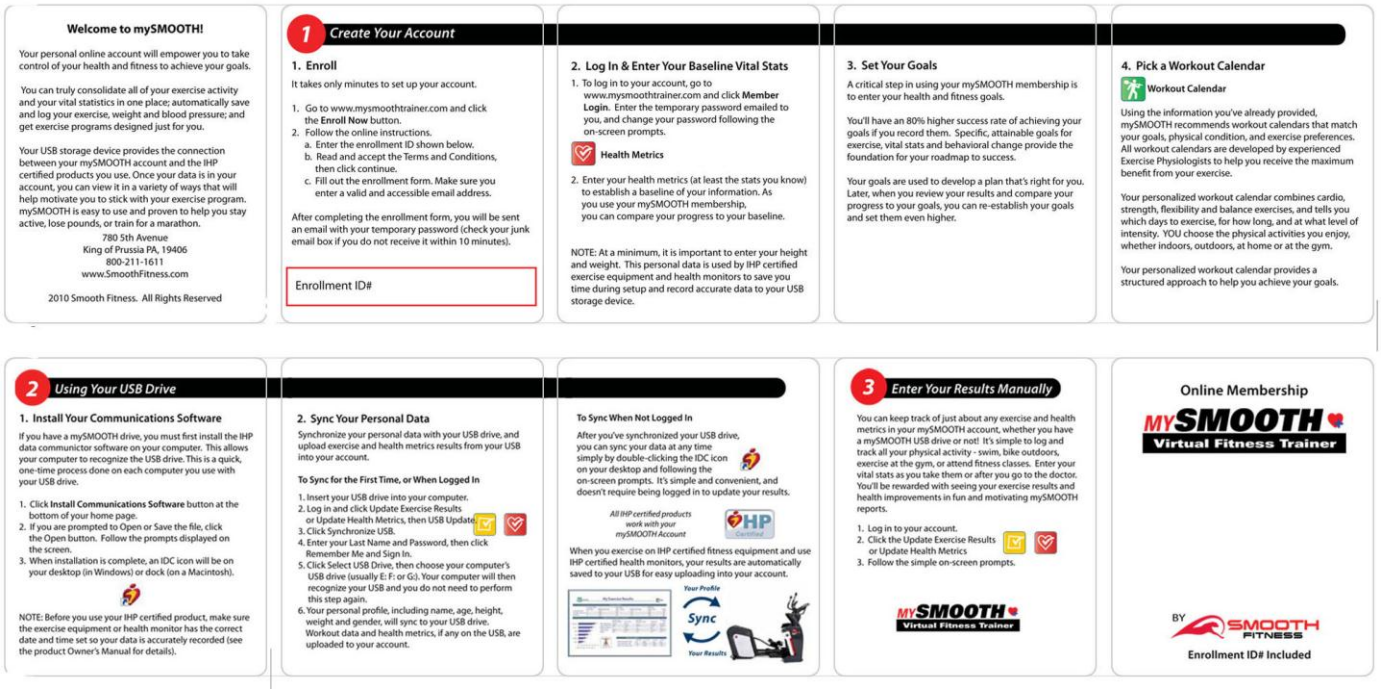
Display	Display Range	Setting Range	Default	Memory
SEX		MALE/ FEMALE		Yes
AGE		10 - 100		Yes
WEIGHT(METRIC)		20 - 330(Lb.) 10 - 150(KG)		Yes
HEIGHT		36 - 84(INCH) 90 – 210(CM)		Yes
TIME	0:00 - 99:59	0:00 - 99:00	0: 00	No
DISTANCE	0.0 - 99.99	0.00 - 99.50	0: 00	No
CALORIES	0 - 999	0 - 990	0: 00	No
SPEED	0.0 - 99.9		0: 00	No
PULSE	30 - 200 BPM		0: 00	No
RPM	0 - 250 rpm		0: 00	No
BRAKE RESISTANCE LEVEL		L1 - L24	L1	No

COMPUTER OPERATION

MYSMOOTH
Virtual Fitness Trainer

This feature is not available on all models and is an option that must be added to the equipment at the time of purchase. If you did not accept the MySmooth membership at the time of purchase your equipment is not compatible. Whether you want to lose weight, train for a sporting event, or simply maintain a healthy lifestyle, the MY SMOOTH Virtual Fitness Trainer provides the tools, structure and support you need to be fit and live healthy. The 5 simple steps, outlined in the customer care kit* are proven to help you lose weight, improve your health, and make positive steps to a healthier lifestyle. These five steps combined with the tools built into your online account, will provide you with a great start toward achieving your goals.

To set up your account, refer to the instructions in the Getting Started Guide contained in your Smooth Fitness customer care kit or visit www.my smoothtrainer.com


Welcome to mySMOOTH!
Your personal online account will empower you to take control of your health and fitness to achieve your goals.
You can truly consolidate all of your exercise activity and your vital statistics in one place; automatically save and log your exercise, weight and blood pressure; and get exercise programs designed just for you.
Your USB storage device provides the connection between your mySMOOTH account and the IHP certified products you use. Once your data is in your account, you can view it in a variety of ways that will help motivate you to stick with your exercise program. mySMOOTH is easy to use and proven to help you stay active, lose pounds, or train for a marathon.
780 5th Avenue
King of Prussia PA, 19406
800-211-1611
www.SmoothFitness.com
2010 Smooth Fitness. All Rights Reserved
1 Create Your Account
1. Enroll
It takes only minutes to set up your account.
1. Go to www.mysmoothtrainer.com and click the Enroll Now button.
2. Follow the online instructions.
a. Enter the enrollment ID shown below.
b. Read and accept the Terms and Conditions, then click continue.
c. Fill out the enrollment form. Make sure you enter a valid and accessible email address.
After completing the enrollment form, you will be sent an email with your temporary password (check your junk email box if you do not receive it within 10 minutes).
Enrollment ID#
2. Log In & Enter Your Baseline Vital Stats
1. To log in to your account, go to www.mysmoothtrainer.com and click Member Login. Enter the temporary password emailed to you, and change your password following the on-screen prompts.
Health Metrics
2. Enter your health metrics (at least the stats you know) to establish a baseline of your information. As you use your mySMOOTH membership, you can compare your progress to your baseline.
NOTE: At a minimum, it is important to enter your height and weight. This personal data is used by IHP certified exercise equipment and health monitors to save you time during setup and record accurate data to your USB storage device.
3. Set Your Goals
A critical step in using your mySMOOTH membership is to enter your health and fitness goals.
You'll have an 80% higher success rate of achieving your goals if you record them. Specific, attainable goals for exercise, vital stats and behavioral change provide the foundation for your roadmap to success.
Your goals are used to develop a plan that's right for you. Later, when you review your results and compare your progress to your goals, you can re-establish your goals and set them even higher.
4. Pick a Workout Calendar
Workout Calendar
Using the information you've already provided, mySMOOTH recommends workout calendars that match your goals, physical condition, and exercise preferences. All workout calendars are developed by experienced Exercise Physiologists to help you receive the maximum benefit from your exercise.
Your personalized workout calendar combines cardio, strength, flexibility and balance exercises, and tells you which days to exercise, for how long, and at what level of intensity. YOU choose the physical activities you enjoy, whether indoors, outdoors, at home or at the gym.
Your personalized workout calendar provides a structured approach to help you achieve your goals.
2 Using Your USB Drive
1. Install Your Communications Software
If you have a mySMOOTH drive, you must first install the IHP data communictor software on your computer. This allows your computer to recognize the USB drive. This is a quick, one-time process done on each computer you use with your USB drive.
1. Click Install Communications Software button at the bottom of your home page.
2. If you are prompted to Open or Save the file, click the Open button. Follow the prompts displayed on the screen.
3. When installation is complete, an IDC icon will be on your desktop (in Windows) or dock (on a Macintosh).
NOTE: Before you use your IHP certified product, make sure the exercise equipment or health monitor has the correct date and time set so your data is accurately recorded (see the product Owner's Manual for details).
2. Sync Your Personal Data
Synchronize your personal data with your USB drive, and upload exercise and health metrics results from your USB into your account.
To Sync for the First Time, or When Logged In
1. Insert your USB drive into your computer.
2. Log in and click Update Exercise Results or Update Health Metrics, then USB Update.
3. Click Synchronize USB.
4. Enter your Last Name and Password, then click Remember Me and Sign In.
5. Click Select USB Drive, then choose your computer's USB drive (usually E: F: or G:). Your computer will then recognize your USB and you do not need to perform this step again.
6. Your personal profile, including name, age, height, weight and gender, will sync to your USB drive. Workout data and health metrics, if any on the USB, are uploaded to your account.
To Sync When Not Logged In
After you've synchronized your USB drive, you can sync your data at any time simply by double-clicking the IDC icon on your desktop and following the on-screen prompts. It's simple and convenient, and doesn't require being logged in to update your results.
All IHP certified products work with your mySMOOTH Account
When you exercise on IHP certified fitness equipment and use IHP certified health monitors, your results are automatically saved to your USB for easy uploading into your account.
Your Profile
Sync
Your Results
3 Enter Your Results Manually
You can keep track of just about any exercise and health metrics in your mySMOOTH account, whether you have a mySMOOTH USB drive or not! It's simple to log and track all your physical activity - swim, bike outdoors, exercise at the gym, or attend fitness classes. Enter your vital stats as you take them or after you go to the doctor. You'll be rewarded with seeing your exercise results and health improvements in fun and motivating mySMOOTH reports.
1. Log in to your account.
2. Click the Update Exercise Results or Update Health Metrics
3. Follow the simple on-screen prompts.
MYSMOOTH Virtual Fitness Trainer
Online Membership
MYSMOOTH Virtual Fitness Trainer
BY SMOOTH FITNESS
Enrollment ID# Included

*Not all Smooth Fitness products include the Smooth Customer Care Kit

COMPUTER OPERATION

MySmooth Bluetooth Compatible

INTRODUCING *MYSMOOTH* VIRTUAL TABLET-BASED FITNESS CONTROLS, ALLOWING YOU TO IMMERSE THEMSELVES IN VIRTUAL OUTDOOR WORKOUT EXPERIENCES THROUGH FULL MOTION VIDOES AND INTERACTIVE CAPABILIATES

BENEFITS:

- The app is FREE. The app is available through the iTunes store and the Android Market. You must purchase the optional Bluetooth module
- Exercise with virtual videos that take you to spectacular locals around the world. The videos are not computer-generated or snap shots of landmarks but actual first person video, shot by people running and hiking.
- Filmed with Imax®- equivalent technology complete with natural sound effects consumers are able to immerse yourself in incredible experiences such as running through the Swiss Alps or hiking around Creator Lake.
- As the terrain changes so does the equipment's inclination or resistance. Pick up the pace or slow down and experience Smooth Sync which synchronizes the video speed to your speed.
- Multiple user profiles are available to store your personal information such as height, weight, gender and age for individual workouts and results tracking.
- The workout history is recorded allowing you to compare today's progress to this week's progress, month to date and last month's progress and even the year to date progress. You will be able to view your progress against fitness milestones.
- You can watch your favorite movies and listen to your favorite music during the workout. The MySmooth heads-up display allows you to safely watch videos but still have visibility of your statistics and equipment controls, so you will never lose sight of your goals.
- Includes a complete library of standard workout programs
- To enhance the audio visual experience you can connect your tablet to a big screen TV. The high quality video feed provides a crisp, clear "as if you were there" experience.

To learn more visit www.smoothfitness.com or call 1-888-800-1167

COMPUTER OPERATION

Console Display Description

Display	Display Range	Setting Range	Default	Memory
SEX		MALE/ FEMALE		Yes
AGE		10 - 100		Yes
WEIGHT(METRIC)		20 - 330(Lb.) 10 - 150(KG)		Yes
HEIGHT		36 - 84(INCH) 90 – 210(CM)		Yes
TIME	0:00 - 99:59	0:00 - 99:00	0: 00	No
DISTANCE	0.0 - 99.99	0.00 - 99.50	0: 00	No
CALORIES	0 - 999	0 - 990	0: 00	No
SPEED	0.0 - 99.9		0: 00	No
PULSE	30 - 200 BPM		0: 00	No
RPM	0 - 250 rpm		0: 00	No
BRAKE RESISTANCE LEVEL		L1 - L24	L1	No

MY SMOOTH Virtual Fitness Trainer

USB

To record your exercise and health metrics, you must log on to www.mysmoothtrainer.com . Then sync your MY Smooth Virtual Fitness Trainer USB device. Once complete simply plug in the MY Smooth Virtual Fitness Trainer USB device to you compatible Smooth Fitness exercise machine. Displayed on the equipment will be your name, weight height and age. Press “START” button to begin your workout, the console will record your exercise data automatically, every 20 seconds, to your MY Smooth Virtual Fitness Trainer USB device. After your exercise session is complete, Insert the MY Smooth device in to the USB port of your PC or MAC to upload your data to The MY Smooth Virtual Fitness Trainer online health management program. The detailed reports show your exercise and health results, trends and recommendations to better achieve and maintain your fitness goals.

COMPUTER OPERATION

Button Function

Reset Button	Return to the "**User Set Up**" screen
	Return to the "**Program Selection**" screen, only when the button is pressed during a short pause in a workout.
	Hold the Reset button for 3 seconds to return to the "**Power On**" screen.
Start/Stop	Press start to begin and to pause a workout.
Quick Start	Press quick start before setting any user information to begin a manual workout directly. Note: using quick start will use the default settings as the user profile.
+ / -	Use the plus and minus keys to select User profile data, program selections, heart rate values and resistance levels.
Enter	Press enter to confirm selections.
Handlebar Intensity adjustment	The toggle switches function in the same manner as the + and - keys using them you can to select User profile data, program selections, heart rate values and resistance levels.
Recovery	Press the Recovery button to begin the heart rate evaluation test.
Fan	Pressing the fan button will activate and deactivate the Smooth Breeze fan

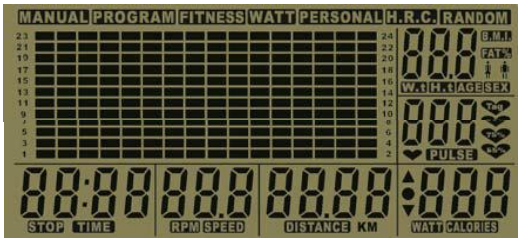
COMPUTER OPERATION

Power Modes

1. **Power On**: Plug in the power cord with power adaptor into an appropriate outlet. Next, locate and switch on the "reset/off button" on the frame, near the power cord. A loud beep will sound and the display will then light (**Fig. 1**) and enter User Set Up & Selection mode in a few seconds (**Fig. 2**)

2. **Power Off**: The console will automatically switch to “sleep” mode after 4 minutes of inactivity

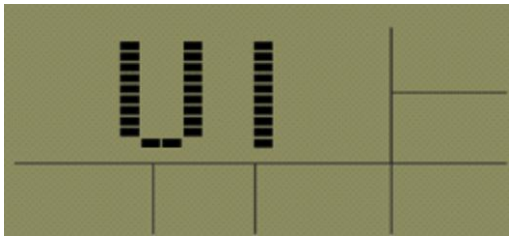
Fig. 1



Setting Up User Profile:

At first, the LCD will show a blinking U1, and will also display only factory default setting values for user HEIGHT, WEIGHT, AGE and GENDER. Press the RESISTANCE UP/DOWN buttons to choose the User ID from U1 to U4 and press the ENTER button to select the user ID shown.

Fig. 2



GENDER entry – After the User ID has been selected, the word “SEX” will flash in the upper right corner, the computer will display the default gender. The gender is indicated by an icon of a man or woman. Press the RESISTANCE UP/DOWN button to adjust the user gender then press ENTER to select.

AGE entry – After the gender set up procedure, the word “AGE” will flash in the upper right corner, the computer will display the default “30” or previous setting and begin blinking. Press the RESISTANCE UP/DOWN button to adjust the user age information then press ENTER to select.

COMPUTER OPERATION

HEIGHT entry – After the age set up procedure, the symbol “H.t” will flash in the upper right corner, the computer will display the default 70” or previous setting and begin blinking. Press the RESISTANCE UP/DOWN button to adjust the user height information then press ENTER to confirm.

WEIGHT entry – After the User HEIGHT confirmation procedure, the symbol “W.t” will flash in the upper right corner, the computer will display the default 150(lbs.) or previous setting and begin blinking. Press the RESISTANCE UP/DOWN button to adjust the user weight information then press ENTER to confirm.

Your user profile has now been completed. Now you can select your exercise program.

Your display is now in program mode. You can choose your preferred program. There are 6 program categories available

- Press + or -to select a program category.
- Press enter to confirm your PROGRAM SELECTION.

Manual

Program

Fitness

Personal

HRC

Random

COMPUTER OPERATION

MANUAL PROGRAM

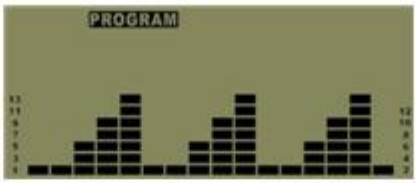
Once the manual program is entered press +/- to increase the program difficulty level. Press enter to confirm.
Once the level has been set you can enter the time of the program. To increase or decrease the time of the program press the +/- keys. Press enter to confirm. Once the time has been set you can enter the distance of the program. To increase or decrease the distance of the program press the +/- keys. Press enter to confirm. Once the distance has been set you can enter the calories of the program. To increase or decrease the calories of the program press the +/- keys. Press enter to confirm.
The manual program will count down all of the values and end when any one value reaches 0. If you wish to continue until the other values reach 0 then press start after the initial value has ended the program.

PRESET PRORGAMS

After selecting the category program, Press the +/- keys to select P1 – P12. The program profile will be displayed on the display as you scroll through the choices. Once the program profile is entered press +/- to increase the program difficulty level. Press enter to confirm.
Once the level has been set you can enter the time of the program. To increase or decrease the time of the program press the +/- keys. Press enter to confirm. Once the time has been set you can enter the distance of the program. To increase or decrease the distance of the program press the +/- keys. Press enter to confirm. Once the distance has been set you can enter the calories of the program. To increase or decrease the calories of the program press the +/- keys. The preset program will count down all of the values and end when any one value reaches 0. If you wish to continue until the other values reach 0 then press start after the initial value has ended the program.
.

P1

P2



P3

P4

P5

P6

P7

P8

P9

P10

P11

P12

P13

P14

P15

COMPUTER OPERATION

FITNESS PROGRAM

After selecting this program, press the start/stop. The program will go through t warm ups and then into the fitness test. The computer will continue to add resistance dependent upon your heart rate and resistance level. The level is based upon 85% of maximum heart rate. After the program has been completed the program will enter the heart rate recovery evaluation to test how long it will take to return to your resting heart rate.

PERSONAL PROGRAM

The personal program is designed so that you can create your own exciting and challenging workout

Once the personal program is entered press start to begin the program. During the work out you will create your personal program profile by adjusting the level using the +/- keys. You can set one level per segment. The time set will be averaged over the 16 segments. The program will automatically save when the program is completed

The personal program can also be preset. To preset the program first adjust the resistance +/- level for the first profile segment then press enter to set and move to the next segment. Repeat the process for the 2^{nd}, 3^{rd} 4^{th}, etc…

Once the personal program is entered (16 segments) you can enter the time of the program. To increase or decrease the time of the program press the +/- keys. Press enter to confirm. Once the time has been set you can enter the distance of the program. To increase or decrease the distance of the program press the +/- keys. Press enter to confirm. Once the distance has been set you can enter the calories of the program. To increase or decrease the calories of the program press the +/- keys. Press enter to confirm.

The manual program will count down all of the values and end when any one value reaches 0. If you wish to continue until the other values reach 0 then press start after the initial value has ended the program.

TARGET HEART RATE CONTROL PROGRAMS

This program with allow you to choose the best type of work out so that you can achieve your fitness goals. The HRC program provides three different target heart rate ranges. 55% of maximum heart rate: this range is designed for fat burning. 75% of maximum heart rate: this range is designed for aerobic conditioning. 90% of maximum heart rate: This range is designed for increased cardiovascular performance. This program heart rate ranges are based on the 220-age=max HR

Once the manual program is entered press +/- to choose the target heart rate range. Press enter to confirm.

Once the range has been set you can enter the time of the program. To increase or decrease the time of the program press the +/- keys. Press enter to confirm. Once the time has been set you can enter the distance of the program. To increase or decrease the distance of the program press the +/- keys. Press enter to confirm. Once the distance has been set you can enter the calories of the program. To increase or decrease the calories of the program press the +/- keys. Press enter to confirm.

The manual program will count down all of the values and end when any one value reaches 0. If you wish to continue until the other values reach 0 then press start after the initial value has ended the program

RANDOM PROGRAM.

Once the Random program is entered you can enter the time of the program. To increase or decrease the time of the program press the +/- keys. Press enter to confirm. Once the time has been set you can enter the distance of the program. To increase or decrease the distance of the program press the +/- keys. Press enter to confirm. Once the distance has been set you can enter the calories of the program. To increase or decrease the calories of the program press the +/- keys. Press enter to confirm.

The manual program will count down all of the values and end when any one value reaches 0. If you wish to continue until the other values reach 0 then press start after the initial value has ended the program.

RECOVERY HEART RATE EVALUATION

This program is designed to evaluate your fitness level by measuring the time it takes you to go from a high heart rate during a work to your resting heart rate. (This test is only for reference and is not intended for medical purposes or to treat and or diagnose medical conditions. The heart rate reading may be inaccurate and must not be used for medical purposes.)

Before ending your work out press the recovery button, discontinue exercising, and immediately place your hands on the contact heart rate sensors. Continue to hold the sensors for approximately 60 seconds for the evaluation to be completed. Once the evaluation has been completed you will see a value on the display. Consult the table below for evaluation results.

Value	Recovery Heart Rate
F1	Excellent
F2	Very Good
F3	Good
F4	Satisfactory
F5	Poor
F6	Very Poor

Note: if a heart rate signal is not detected within 10 seconds of the start of the evaluation the evaluation will be ended.

TROUBLESHOOTING

MAINTENANCE

The equipment requires very little maintenance. However; it is recommended to check all screws, bolts and nuts regularly.

- After exercising, clean the equipment with a soft absorbent cloth. Do not use solvents. Sweat may cause corrosion: we recommend that the unit is wiped clean with an absorbent cloth after each workout. A damp cloth with a mild detergent may also be used on a weekly basis.
- Never remove the equipment's protective covers.
- Inspect and tighten all parts on the equipment regularly. Replace any worn parts immediately and /or keep the equipment out of use until repaired.
- If the equipment is not used for an extended period of time, the drive belt may become temporarily distorted. This can lead to sensation of slightly uneven pedaling. However, after a few workouts the effect will disappear as the belt returns to its original form.

TROUBLESHOOTING

Your equipment is designed to be reliable. However, if you do experience problems with your equipment, please refer to the troubleshooting guide listed below.

PROBLEM: the console does not light up

SOLUTION: verify the following:

- The outlet the machine is plugged into is functional. Double check that the breaker has not tripped.
- The correct power cord is being used. Only use the power cord provided with the equipment.
- The power cord is not pinched or damaged and is properly plugged into the outlet AND the machine.
- The power switch is turned to the ON position.
- Turn off the machine and unplug power cord. Remove the console and check that all connections to the computer are secure and are not damaged or pinched.

NOTE: if your console uses batteries, they may need to be replaced.

PROBLEM: the console lights up but the Time does not count

SOLUTION: verify the following:

- Turn off machine and unplug power cord. Remove the console and check that all connections to the console are secure and are not damaged or pinched.
- If doing the above does not fix the problem, the speed sensor and/or magnet may have become dislodged or damaged. Contact your local Smooth Fitness service technician

PROBLEM: the resistance levels seem to be incorrect, seeming too hard too easy.

SOLUTION: verify the following:

- The correct power cord is being used. Only use the power cord provided.
- Reset the console and allow the resistance to reset to the default position. Restart and retry the resistance levels.

PROBLEM: The equipment makes a squeaking or chirping noise

SOLUTION: verify the following:

- Equipment is on a level surface.
- Loosen all bolts attached during the assembly process. Then grease the threads, and tighten again

WARRANTY

LIMITED HOME USE WARRANTY – SMOOTH FITNESS Elliptical Warranty

Warranty Coverage: Smooth Fitness, Inc. ("Smooth Fitness") warrants to the original owner that each new product to be free from defects in workmanship and material, under normal use and conditions.

Period of Coverage: The Warranty on this product runs from the date of original purchase using the following schedule:

Model Name	Frame	Brake	Parts & Electronics	Labor
CE-5.5 USA Only	Lifetime	Lifetime	5 years	2 years
CE-5.5 Canada	Lifetime	Lifetime	5 years	1 year

Labor: Smooth Fitness will reimburse for labor costs for Two (2) years*. Smooth Fitness reserves the right to either:
Hire and reimburse an independent service technician who will come into the home for the repair,
OR
In the event that there is not an available certified Smooth Fitness service technician, Smooth will send the part directly to the consumer and will pay $75 US per occurrence for the labor costs of such repair. If multiple repair attempts must be made for one reported problem, Smooth will only reimburse once per occurrence.

Smooth Fitness reserves the right to inspect damaged parts for misuse. Your Original Receipt is proof of purchase and should be kept with the product manual. You may be required to show proof of purchase prior to warranty service being initiated.

Remedy Provided by Smooth Fitness: Smooth Fitness will provide a replacement part free of charge if a defect is found during the Warranty period. Smooth Fitness may at its discretion, choose to provide any of following parts or repair options. In the event that a part is determined in need of replacement, upon receipt of the part by Smooth Fitness, Smooth Fitness may send out the part by UPS ground or another such carrier directly to the customer's home.

Any redemption may be by repair or replacement of the affected parts and/or product at the sole discretion of Smooth Fitness, by personnel approved by Smooth Fitness.

Parts repaired or replaced pursuant to this Warranty shall be warranted for the unexpired portion of the Warranty applying to the original product. Any technical advice furnished before or after delivery in regard to the use or application of Smooth Fitness products is furnished without charge and on the basis that it represents Smooth Fitness' best judgment under the circumstances but that the advice is used at your sole risk.

Procedure for Obtaining Your Remedy Under This Warranty: To obtain service on a Smooth Fitness product, call Smooth Fitness. In the instance that service is not available in an area, Smooth Fitness, at its discretion, can either 1) find a service technician in your area to perform warranty service, 2) have a local dealer perform warranty service, or 3) send the warranty parts to you and reimburse as described above. To help the technician assist you, please have the following information ready:

- Model name or number from the cover of the manual;
- Serial number located on the frame of the unit; and
- The part description and the order number.

Limitations on Warranty: This Warranty does not cover any problems, damages or failures that are caused by accident, improper assembly, failure to observe cautionary labels on the product, failure to operate the product correctly, power grid failures or spikes from your local electricity provider, abuse or freight damage. Smooth Fitness does not warrant against any damage or defects that may result from repair or alterations made to the product by an unauthorized repair facility. In order for this warranty to be valid, all Smooth Fitness and EVO Fitness exercise equipment must be stored and used in a fully finished and livable room within the residence (not including an indoor swimming pool room).

This Warranty shall terminate if you sell or otherwise transfer this product. This Warranty does not apply to any product shipped or handled outside of the United States or Canada. This Warranty does not apply if the product is used as a rental product or in commercial use. Consequential and incidental damages are not recoverable under this Warranty. (Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.)

THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER EXPRESS WARRANTIES. ALL IMPLIED WARRANTIES, INCLUDING WARRANTIES OF MERCHANTABILITY OR FITNESS FOR ANY PARTICULAR PURPOSE, ARE LIMITED IN DURATION TO Two (2) YEARS* FROM THE EFFECTIVE DATE OF THIS WARRANTY. SMOOTH FITNESS IS NOT LIABLE FOR CONSEQUENTIAL OR INCIDENTAL DAMAGES RESULTING FROM ANY DEFECT IN PARTS NOR FOR ANY BREACH OF EXPRESS OR IMPLIED WARRANTIES. SMOOTH FITNESS' SOLE LIABILITY UNDER THIS WARRANTY IS LIMITED TO THE TERMS DESCRIBED IN THIS FORM. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS, AND YOU MAY ALSO HAVE OTHER RIGHTS WHICH VARY FROM STATE TO STATE.

*Two year labor is valid only with the continental United States; Canadian labor warranties are valid for the period of 1 year from date of purchase.

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